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Gemma, you look stunning, babe!

Woah! Check out GC in her sexy LBD!

Last month the former *TOWIE* star vowed "to lose some serious weight" after quitting the hit reality show – and judging by this amazing shot, she's seriously stuck to her guns. Doesn't she look fabulous?!

After losing 2st earlier this year with the aid of hypnotherapy sessions, Gemma was gutted when she piled on the pounds again while filming the last series of *TOWIE*.

But fast forward a month and it looks like she's turned over a new diet and fitness leaf! Our eyes nearly popped out of our heads when we saw these shots of the former car saleswoman on a night out in Liverpool – wow!

Only two weeks ago we reported how Gemma was delighted to have shed 10lbs by following the Slimming World eating plan and taking a break at Jason Vale's yoga and fitness retreat in Portugal. But by the look of it, that was just the beginning.

Looking hot in Liverpool last week

MARNIE'S MAKEOVER

Gemma's not the only reality star getting glam this week – check out our *amazing* (if we say so ourselves) photos of former *Geordie Shore* favourite Marnie Simpson on page 18. We think you'll agree she scrubs up very well – and she's certainly showing her ex, Ricky Rayment, what he's missing!

The gobby Essex girl is a shadow of her former self (in a good way!) and, judging by the cheeky grin on her face, she knows that she looks – to quote the woman herself – hot to trot.

While she's always taken pride in flying the flag for the curvier lady, it's no secret Gemma's long been keen to reach her goal of a size 16.

Looks like you might be there already, Gem!

Lebby

Lebby Eyres, editor-in-chief

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new! MAGAZINE / SEPTEMBER 21 2015

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Katy Perry

LA, SEPTEMBER 8

We want to make a quip about Katy's ample cleavage in this shot of her at a Hollywood handprint ceremony, but it doesn't look like she's in a jokey mood!

Kate Mara & Jamie Bell

MALIBU, SEPTEMBER 4

The *Fantastic Four* co-stars have been fuelling dating rumours for a while now. Judging by this snap, the rumours are true!

Sam Faiers

MANCHESTER, SEPTEMBER 7

Pregnant women are said to have a certain glow about them and that's definitely the case for Sam, who is due to give birth in January. She looked the picture of health in a slinky full-length gown at the Fragrance Shop awards.

Georgia May Foote & Sean Ward

MANCHESTER, SEPTEMBER 4

We suspect Georgia's mahogany hue is courtesy of *Strictly*'s tanning booth! The star and *Corrie*'s Sean were dining out at Avalanche restaurant.

Rita Ora

LA, SEPTEMBER 8

Our eyes almost popped out when we saw this pic of the *X Factor* judge arriving at a fashion party in Tinseltown – talk about red hot! And we love that Rita failed to adhere to the "legs or boobs, never both" rule. She's always been a rebel, has our Reet!

Papped

Seven days with the stars

WORDS: Kate Noble PHOTOS: Famefynet.uk.com, Rex Shutterstock, Splashnews.com, Xposurephotos.com

Mary Berry

SURREY, SEPTEMBER 8

This giant cake may be made entirely of flowers, but Mary, who was at RHS Garden Wisley to open their annual flower show, couldn't help but check if it had a soggy bottom. Nice to see her wearing a jacket to match the occasion!

Cheryl Fernandez-Versini

NEWCASTLE, SEPTEMBER 8

Chezza visited Greggs in her hometown with samples of her charity choccy bar. We wonder if she treated herself to a famous Steak Bake?!

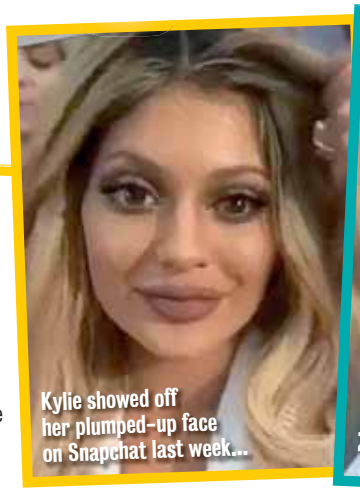
Kimberley Walsh & Bobby

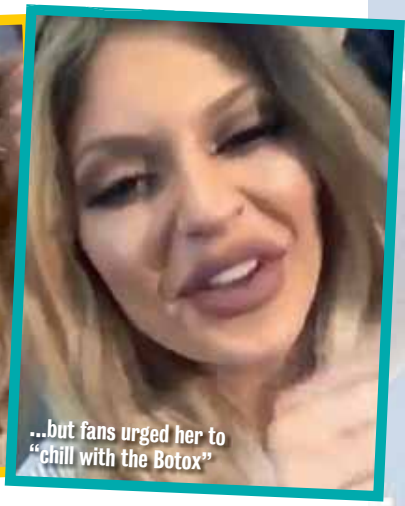
LONDON, SEPTEMBER 8

Aww! Kimberley's adorable baby boy tagged along as his mum ran errands last week. The singer celebrated little Bobby's first birthday on September 4.

Kylie warned: 'You look like you're in your 30s!'

Experts urge her to slow down on cosmetic procedures to avoid looking decades older…


Kylie showed off her plumped-up face on Snapchat last week...


...but fans urged her to "chill with the Botox"

SINCE SHE TURNED 18 LAST MONTH, KYLIE JENNER HAS MADE IT HER MISSION to sex up her image – going from teen to temptress in just a few short weeks.

But as the youngest of the Kardashian-Jenner clan continues to shock with her raunchy antics and skintight outfits, experts believe she's ageing herself before her time, thanks to her increasing reliance on surgery.

Last week Kylie admitted she's still having regular lip fillers, but her ever-changing face led one fan to say she looks old enough to be her older sister Kendall's stepmum! Ouch.

Kylie fuelled rumours she has undergone even more surgery after she posted a recent Snapchat video of herself sporting plumped cheeks and arched eyebrows.

"What the hell is going on with her face?" one fan wrote, while another commented, "She really needs to chill with the Botox." Another follower sniped, "Kylie looks like Kendall's step mom who is married to her dad bc he's rich."*

She looked more natural in May

Non-surgical director at Transform, Anne Marie Gillett, told **new!**, "Kylie's cheeks look as though she's had recent fillers injected, as the area is looking more defined. It also appears that Kylie has been having Botox injections in her forehead as it looks very shiny and one of her brows is more arched than the other – classic Botox telltale signs."

Anne Marie also recommended that Kylie should slow down on having the procedures, as it's appearing to age her.

"In my opinion Kylie is very young to be having these types of procedures and they are starting to age her. She looks like she's in her thirties rather than an 18-year-old girl."

But as her image becomes increasingly sexualised and grown-up, Kylie ironically revealed in an interview with US magazine *Galore* that she actually wanted to stay 17 forever.

"The reality is that I don't even want to be 18. I wish I could be 17 for the rest of my life," she said, adding, "I don't want to get any older. I just want to be young and enjoy it."

It's little wonder she feels that way. The star got a much easier ride from critics when she was younger, but since turning 18 she's come under increased scrutiny for her provocative style and behaviour.

The backlash led Kylie to hit back in an emotional post, in which she spoke about her pain over the criticism she gets for her looks.

As part of her #IAmMoreThan campaign on Instagram – which she launched to raise awareness about bullying – she wrote, "People are so quick to say horrible things about me everyday over and over and sometimes I can't take it. Even I at times get affected by it, I break down, I hide, I cry."

Kylie went on to reveal that the bullying she's faced has had an impact on her life. "My every move has been documented for the whole world and it's been a nightmare trying to find myself through all of this. And I've absolutely lost a part of myself," she lamented.

Psychologist Dr Emma Gray told **new!** that Kylie needs to "build her self-esteem" in order to stop going overboard with surgery and to feel accepted by the public.

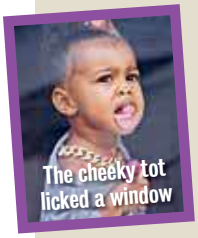
"Trying to alter our physical appearance to improve how we feel about ourselves is very common," she said. "However, this approach only ever offers short-term relief as it doesn't resolve the real problem. If Kylie wants to remain in the public eye and feel comfortable there, she will need to build her self-esteem and have belief in the fact that she is good enough just as she is."

LISA BLAKE

PHOTOS: GC Images, Film Magic, Rex/Shutterstock, X17online.com *Internet posts are printed exactly as they appear online
Dr Emma Gray is a consultant clinical psychologist and service director at The British CBT & Counselling Service

LIKE FATHER, LIKE DAUGHTER!

Check out North West's chunky gold neck chain!


The cheeky tot licked a window

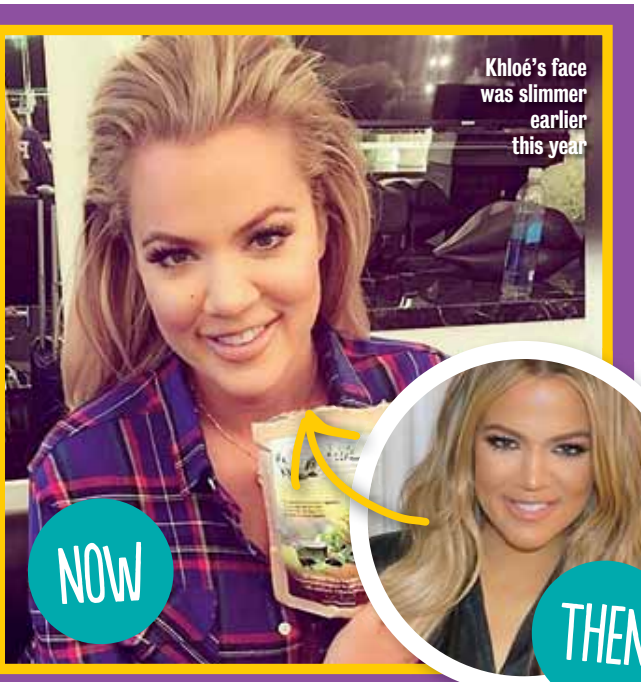
We've seen her rocking leather trousers and Dr Martens boots in the past, but little North West made a new urban style statement last week when she was snapped wearing a chunky gold chain round her neck – how very street!

The two year old, who was pictured out and about in New York City with mum Kim Kardashian, wore the striking piece of jewellery with a loose-fitting grey top, black jeans and Doc Martens – an almost identical look to one her rapper dad Kanye West rocked three years ago.

And if the toddler's outfit and huge chain weren't enough to bring a smile to our faces, Nori was also spotted licking a window during the outing. Hilarious!

North stole Kanye's style last week

Kylie looked grown-up in a chic all-white outfit as she stepped out in Los Angeles last week



'Khloé's been using Botox and fillers'

Medics believe the star has been indulging in secret surgery…

KYLIE WASN'T THE ONLY KARDASHIAN-JENNER CAUSING A SURGERY STIR LAST WEEK. Khloé, 31, also sent fans into a frenzy when she posted a picture of herself with a noticeably different nose and fuller cheeks.

"What happen to her face???" one shocked fan wrote under the snap, which showed Khloé posing with a detox tea. Another follower exclaimed, "She looks like a different person!"

Transform's Anne Marie Gillett said Khloé may have been using Botox and cheek fillers. "Her skin is looking very tight and taut and her eyebrows are now heavily arched – all of which are telltale signs of Botox use," she commented. "I'd say that Khloé has been having significant amounts of cheek fillers injected. She's perhaps also ditched her make-up technique, which made her nose look thinner and more defined before."

While Khloé's never admitted to having cosmetic surgery, she recently opened up about wanting a boob job when she was a teenager and stressed she has nothing against people who decide to have surgery. "I'm all for stuff if it's for you. If you want to get plastic surgery, I'm for that, but getting your lips filled in, that's temporary too," she revealed.

Khloé's face hasn't had quite the transformation Kylie's appears to have had, but Anne Marie recommends that she slows down on the procedures if she wants to achieve a more subtle look.

"Khloé should leave ample time in between treatments so she can maintain a much more natural look and one that isn't overdone," she said.

‘Austin is manipulative’

Gail Porter’s friend of eight years tells new! why she doesn’t trust housemate Austin Armacost…

INTERVIEW **Julia Brooks**

Going into the *Celebrity Big Brother* house isn’t easy – even for the thickest-skinned stars. So our hearts have gone out to fragile TV presenter Gail Porter, 44, every time she’s dissolved into tears inside the conflict-stricken house.

But no one finds seeing the star, – who has a 13-year-old daughter, Honey – upset more stressful than her friend of eight years, Pilates instructor Alex Considine. And while you’d have thought Alex, 46, would be impressed that housemate Austin shaved his head to support Gail, that’s not quite the case…

Alex has known Gail for eight years

Gail with her daughter, Honey

Hi Alex! How did you feel about Gail going into the *CBB* house?
I thought she was bonkers! I tried to talk her out of it for three months.
Why’s that?
I know Gail really well and when we found out it was going to be US vs UK, I thought, “Oh God, that’s going to be really difficult,” because she doesn’t like confrontation.
Was she anxious about going in?
No, she was looking forward to it. She thought it would be a giggle and she’s had lots of support from her friends, boyfriend and family. I was anxious because I’m overprotective.
Are we seeing the real Gail?
Not really. What you’re seeing is the overshadowed Gail. If there’s anger going on or things get uncomfortable she’ll retreat. If she stays in there a bit longer and the big characters disappear, you’ll see her funny side. She’s really funny and very giggly.

Alex thinks Austin, pictured in the house with Gail, is playing a game

Austin asked Gail to shave off his hair

What did you think when Austin shaved his head to support her?
It made great viewing, but I thought, “He’s a manipulative w***er.” I don’t think anybody’s that nice – it’s all for TV and I think he thought, “This will really get the Brits on my side.” His hair will grow back, Gail’s doesn’t.
Gail said, “I feel extremely ugly, I’ve dealt with no hair for a long time but sometimes I don’t feel pretty.” Is that often the case?
She’s had issues about her looks. It’s been a hard road but she’s coped well. There are times, especially in that house, where everybody’s über-glam. When she’s with her friends we’re in trackie bottoms, beanies and trainers, so we all look kind of the same.
Could the house break her?
I don’t know. I think she’d like to stay but I don’t like what I’m seeing.
Does she normally need reassurance from friends?
No, she’s confident and sociable. She’s outspoken. We’re not seeing her true character. She’s being overshadowed.
How’s Gail’s daughter Honey coping without her?
I don’t know because I don’t know Dan [Hipgrave], Gail’s ex-husband. I’m sure she’s watching it. They’re so close. They send me photos of them pulling faces. She’ll be really missing Honey.
What’s her partner Craig like?
Very supportive. He phones me every day, saying, “Oh God, did you see this? Did you see that?” He’s a nice guy.
Is he finding watching her hard?
Some bits. He said, “I don’t like that Austin geezer.”
How did she meet him?
I think through mutual friends.
How long have they been dating?
It might be nearly a year now.
Do you think Gail can win *CBB*?
She was one of the original favourites to win. I think her odds have dipped because she looks like she’s not enjoying it. But the British public like an underdog, so she still has a good chance. If she doesn’t get nominated again, she’ll gain confidence. I want her to stop cleaning and enjoy it!

CBB continues every night on Channel 5, times vary

PHOTOS: Getty Images, WENN.com

DANIEL: ‘CHLOE IS ON EDGE!’

Daniel tells it like it is

Daniel Baldwin, 54, tells new! what he thinks of Stevi Ritchie and Chloe-Jasmine Whichello, and, of course, Janice Dickinson…

CBB’s first evictee has branded fellow housemate, Chloe-Jasmine, 25, “neurotic” and admits he doubts she’ll end up marrying Stevi Ritchie.

Daniel told us, “I don’t think I know anyone more neurotic than Chloe. She’s on edge constantly and she’s cried multiple times a day every day. I felt bad for Stevi because I thought if he had gone in alone he would’ve had a better chance to shine.”

He added, “I wouldn’t be surprised if he never marries her.” Evicted Chris Ellison, 68, said, “I like them both but they are an odd couple, I have to say.”

Janice Dickinson also came under attack from Daniel. When asked what the 60 year old looks like up close, Daniel replied, “Have you ever left a piece of fruit out in the desert? That’s all I have to say.” Ouch!

He doesn’t think Stevi and Chloe will marry

‘Jenna was smart to team up with Farrah’

CBB star Jenna Jameson’s fiancé, Lior Bitton, tells new! he thinks the outspoken ex-porn star is already a winner…

INTERVIEW **Georgia Farquharson**

If anyone knows just what pushes fiery Jenna Jameson’s buttons, it’s her fiancé Lior Bitton. So who better to dish the dirt on the controversial *CBB* star’s antics?

When we speak to Lior – a 41-year-old Israeli diamond dealer – he says Jenna’s friendship with gobby Farrah Abraham could be part of a game she’s playing and suggests they’ve “teamed up” on purpose so they make it to the end. Interesting…

Lior – who got engaged to Jenna, also 41, earlier this summer after a whirlwind eight-month romance – is clearly smitten with the former adult film star. He tells us he finds her fiery nature “sexy” and when we suggest she must be a handful to live with, he begs to differ, telling us she’s “perfect”. Even when we ask what his favourite part of her body is, he doesn’t go for the obvious – her infamous derrière that gives Kim K a run for her money – he says it’s “her heart”. What a smoothie.

Speaking to **new!** from LA, Lior talks about Jenna’s argumentative nature and reveals why he thinks she’s playing a good game…

How do you think Jenna’s been getting on so far?
So far, so good!

Have we seen the real Jenna?
Yes. That’s the real-est possible.

Is she always this fiery?
When she’s in an argument, she’s fiery, yes.

How do you deal with that?
It’s sexy. Absolutely!

She’s a big character on _CBB_. Do things ever get heated between you at home?
When you love each other so much, you always have arguments. Arguments build a better relationship.

How did you guys first meet?
We were neighbours for about ten months, but we didn’t talk for eight months. I moved out then I ran into her after a month and a half. She said she missed me and invited me for dinner. Since that moment at the beginning of the year we haven’t been apart at all.

How have you found being away from her?
It’s very hard – I miss her a lot.

Tell us about proposing…
It was just before the summer. We spoke about it like adults because we’d already both been there and done it. We want to be together and we want to have a family together.

When are you getting married?
You will find out…

Will any housemates be invited?
Sure, why not? I don’t know who yet.

What do you make of Jenna’s friendship with Farrah?
It’s good. They support each other. They teamed up – they did the smart thing! They’re both strong characters – they will last until the end.

Do you think they teamed up as part of a cunning game plan?
I think she could’ve teamed up with anybody, but they’re more able to relate to each other. They have a lot of things in common

Are you worried about Jenna saying or doing something to embarrass herself?
Oh no, nothing is embarrassing with her. She’s a smart girl and she knows what she’s doing.

Does she have any annoying habits?
No, not many. She’s perfect.

Do you think she finds any of the men in the house attractive?
No, I don’t think so – I don’t think she came with that state of mind to the *Big Brother* house.

Jenna’s famously curvy bottom has been getting a lot of attention. Do you like it?
I love it!

Has she had bum implants?
No, she didn’t have that.

Is that all natural then?
It is. I can’t talk about this, but she didn’t have butt implants.

What’s your favourite part of her body?
Her heart.

What do you think of her porn star past?
I think she’s a genius. She’s like the Bill Gates of the porn industry. She’s not just a porn star, she’s the ultimate porn star. There will never be another one like her.

Some people have commented that Jenna’s gained weight recently. Is that unfair?
People will criticise her even if she’s perfect – it doesn’t matter.

Do you guys ever work out together?
Yes.

She’s also converting to Judaism. Is she doing it for you?
No, she did this because of herself.

How will Jenna feel if she wins?
Same as right now – she’s already winning. She will feel great. And she’s going to win.

PHOTOS: Planetphotos.com, WENN.com

Andrea: 'Sherrie hates her body'

Andrea and pal Sherrie

Andrea McLean tells new! the *CBB* star appears to be confident, but is actually shy in reality…

INTERVIEW **Lisa Blake**

Feisty Sherrie Hewson hasn't been quite as controversial as we'd have expected on *CBB* – and her *Loose Women* co-star Andrea McLean has put that down to her being drowned out by the bigger characters in the house.

"Her quietness is probably survival. It's just a case of retreating into your cave and letting everybody else fight, which is exactly what I would do," Andrea tells **new!** as we settle down for a lunchtime chat.

Andrea, 45, says that while Sherrie – who underwent a non-invasive facelift in the summer after a previous facelift was cancelled due to her having an allergic reaction from the anaesthetic – appears confident, she's shy when it comes to men and her body.

Here, Andrea tells **new!** she'd love to see Sherrie, who turns 65 on Thursday, find a fella to settle down with and says she has the potential to go all the way on the show…

Do you think the shouting and noise is annoying her?

Yes, but she'll cope. She's a really strong woman.

She wore a full-length red dress in the bath last week. Is she usually conscious about her body?

Yes, she hates her body. She's not very confident. I think going into the bath in a dress is terribly rock'n'roll – good for her! That's a great way round it rather than sitting at the side going, "Oh no, I couldn't possibly."

How has she been since having the non-invasive facelift?

I haven't seen her as I have been away over the summer, but I've been texting her. She sent me pictures, so I saw how it was all going. It was bothering her and she wanted everything lifted a bit. She went somewhere that was very trusted and she knew she was in good hands. I'm sure she's feeling a lot better about herself.

Were you worried about her undergoing surgery again?

No, as she wasn't asleep or anything for this one. It was a local anaesthetic. It was a different experience. I think it was a really good option for her.

How do you think she's finding being in the house with surgery-addicted stars like Janice and Jenna?

It won't faze her at all. We see all sorts of things these days on the telly and even in normal life.

We've seen her flirting with James and Austin…

She likes a good flirt from the safety of knowing nothing whatsoever will happen. The best kind of flirting is when you know nobody is going to take it any further.

Sherrie during her facelift procedure

She's said she wants to settle down with someone. Would you and the *Loose Women* girls like her to?

We'd all love it, but we're at a loss as to what to do! I remember years ago we tried to set her up on the show, but it didn't work. For someone who's so outgoing and confident when it comes to her work, she's actually very shy at home. I think it's hard for her to meet someone she trusts. It'd have to be someone she's known for a long time.

Would she be up for a romance in the house?

No, she's really private.

Coleen Nolan and Denise Welch both had meltdowns on *CBB*. Why do you think that is?

Each house is different with the dynamics of the housemates and everybody copes in their own way.

Does Sherrie have the potential to lose her head?

I don't think I've ever seen Sherrie lose her temper, but I see her at work, so it's different. You're on *BB* 24 hours a day for a month essentially, and nobody can last a month without getting cross. Even the most placid people would go crazy in the house.

Critics have called Sherrie "as mad as a box of frogs"…

The list of examples is long. When she told the story about how her dog had died and been reincarnated as a spider in her shower, I think that sums up how mad she is!

Do you think she could win?

Yeah, I think it would be brilliant to see someone of Sherrie's age win.

Tell us about teaming up with Santander…

I left London about nine years ago and one of the reasons was because my son, Finlay, was in primary school and we wanted a nice school. Private school wasn't an option, so I'm supporting Santander's research because I've been there as a parent.

Andrea has teamed up with Santander Mortgages to support its research into school catchment areas

The body-shy star bathed in her dress

She's enjoyed a flirt with Austin

PHOTOS: Rex Shutterstock, WENN, Xposure

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SHOP MORE SIZES AND STYLES

Emily, Amelia and Pete enjoyed a family dinner in Cyprus last week

EXCLUSIVE PICTURES

PHOTOS: WENN

Pete stayed close to his wife and daughter all night

Emily appeared to have a lot on her mind

STORY of the WEEK

Pete and Emily's pre-Strictly getaway

The star spends precious time with his new wife before the live shows threaten to tear them apart…

PETER ANDRE'S LIFE IS ABOUT TO GO FROM 0–60 AS HE PREPARES TO BECOME ONE OF *STRICTLY COME DANCING*'S BIGGEST STARS.

So it's no wonder the 42 year old is cramming in as much family time as possible before his schedule is completely taken up by sequins and fake tan.

The dad of three enjoyed a short getaway to Cyprus with his wife Emily and their 21-month-old daughter Amelia last week to celebrate his parents' 60th wedding anniversary. But behind the smiles the couple appeared anxious about the thought of being separated over the coming months.

Emily looked unusually downcast as they made their way to dinner with Amelia. The newly qualified doctor, 25, was literally left holding the baby while she and Pete split their time between meeting his family during the day and enjoying a much-needed night out in the evening. An onlooker told **new!**, "Pete didn't leave Emily's side. It was like he was trying to reassure her." Another added, "Emily looked like she had a lot on her mind."

Pete with dance partner Janette

Emily and Amelia will see less of Pete while he's on *Strictly*

Pete met up with his parents

And it's no wonder. Pete will be training up to 30 hours a week with his professional partner Janette Manrara in his bid to take Caroline Flack's crown and lift the 2015 trophy. The gruelling training regime means the singer will only get Sundays off, thanks to Saturday's pre-recorded results shows.

This will certainly come as a blow to Pete, who last week told **new!** he'd spend every night with Emily if he could. "I don't mind spending time away from the wife when we're at work during the day, but I love spending my evenings at home with Ems. If I had it my way, we'd spend every night together," he said. "I love our routine of eating dinner with the kids and chilling in front of the TV."

And if the notorious *Strictly* curse is anything to go by, Emily could hardly be blamed for feeling the pressure. Several relationships have ended thanks to the show's punishing schedule, including those of *Good Morning Britain*'s Susanna Reid, who split from her long-term boyfriend in 2013, and Rachel Riley, who ended her marriage before starting a relationship with her dance partner Pasha Kovalev.

But Pete has insisted his and Emily's ten-week marriage won't be rocked by his stint on *Strictly*, saying, "Emily has been really supportive of my decision to do the show and, although we both have very busy work schedules, we're going to make it work."

We hope so, Pete!

KARMEL DOUGHTY

Turn to page 17 FOR PETE'S COLUMN

STORY of the WEEK

Strictly stress!

As rehearsals heat up, *Strictly* stars past and present are showing the strain…

KRISTINA TELLS BEN: 'PROVE YOUR DEVOTION TO ME!'

WITH THE NEW SERIES OF *STRICTLY COME DANCING* JUST AROUND THE CORNER, Russian stunner Kristina Rihanoff is determined to clear her tainted "man-stealer" name once and for all, and use the next few months to prove her relationship with former rugby star Ben Cohen is for keeps.

An insider told **new!** that Kristina is "desperate to turn public opinion around", and has insisted Ben shows his support at the live shows when she dances with Daniel O'Donnell. "Kristina wants Ben in the audience to prove to both her and the nation that they are serious – and she's told him so," our source said. "They are in love and she thinks it's important for her image to show that now. This isn't just a fling and if the nation sees that, they might be more forgiving. "

During an appearance on *This Morning* last week, it was clear Ben, 37, had got the message. When asked if he would be supporting Kristina during the live shows, he said, "I don't think I'd like hearing that *Strictly* music – it'll send me all nervous. But, of course, I'll go down at some point."

Kristina, 37, met Ben in 2013 on the show. At the time, he was married to his wife of 11 years, Abby, and when they split in September last year, he persistently denied having a relationship with Kristina. But in May this year he was spotted leaving Kris' flat after a ten-hour overnight stay, and just two months later they were pictured in Turkey with Ben and Abby's seven-year-old twin daughters – confirming the romance. They were also seen holding hands during a night out in London last week.

But in news which is bound to come as a blow to Kristina, Ben has reportedly moved back in with Abby and their daughters temporarily, while they struggle to sell their £1.75m home. A source confirmed, "It has been really awkward between Ben and Abby." We bet!

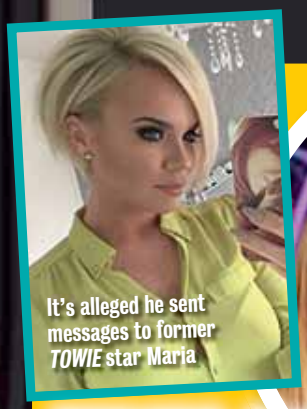
OLIVIA ADAMS

PHOTOS: Photoshot, Vantagenews.co.uk, Xposurephotos.com

Kristina with her new dance partner, Daniel

Ben split from Abby last year but denied he was seeing Kristina

The couple held hands as they stepped out in London last week



It's alleged he sent messages to former *TOWIE* star Maria

Iwan is paired with dancer Ola

IWAN'S 'SEXY TEXTS' STORM

OLYMPIC SPRINTER IWAN THOMAS could already be falling out of favour with viewers, after he reportedly sent flirty text messages to glamour model and former *TOWIE* star Maria Fowler, 29 – while in a relationship with another woman.

A source said last week, "Iwan started following Maria on Twitter a year ago, but up until about two weeks ago he spoke to her almost every day. He was a complete flirt. The conversations would begin flirty, then get more sexual, then he'd panic and say he needed to be careful because of his girlfriend."

They added, "But he always said that Maria would be first in line with him if they ever split up."

According to reports, one of the texts 41-year-old Iwan – who will be dancing with Ola Jordan – sent said, "I gotta behave. If my life changed you will be the first to know. I can't help that I'm fit, lol joke."

Maria, meanwhile, has claimed she'll seek legal action over the revelations.

Not the best way to win over an audience, Iwan...

'RACHEL IS DISAPPEARING'

She started dating Pasha after meeting him on the show

FORMER *STRICTLY* STARLET RACHEL RILEY MAY BE LOVED-UP WITH HER 2013 DANCE PARTNER PASHA KOVALEV, but when she stepped out last week looking incredibly slender, experts were quick to link her tiny frame to the stress of her man being on the programme.

Nutritionist Angela Dowden said Rachel could be feeling insecure over Pasha's role on the show, which requires him to perform saucy routines with other female pros, as well as with his new partner, weather presenter Carol Kirkwood – which is why Rachel may have dropped the pounds.

"In my opinion, Rachel looks as though she's disappearing," Angela said. "If you're feeling insecure about your man, you want to make sure you look your best so you don't feel he might wander off with someone else.

"It's not unheard of to get slimmer and then flaunt it so you feel you're keeping up with the competition – this could be what Rachel's doing."

She also said that Rachel, 29, who met Pasha while she was still married to ex-hubby Jamie Gilbert, is "obviously very proud of her figure because she's wearing a crop top", and added, "But if she is losing weight, I think she needs to make sure she doesn't get carried away.

"She should halt it now and not go to any more extremes."

Rachel looked slimmer than ever last week

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"Ricky called me 5,000 times when

Marnie Simpson talks exclusively to **new!** about the verbal attacks and bickering that led to the end of her engagement to Ricky Rayment…

Quizzing a celebrity about the breakdown of their relationship is never easy – especially when the split was only three weeks ago. But Marnie Simpson immediately puts us at our ease when we sit down to chat about the sad end of her two-month engagement to Ricky Rayment.

The pretty 23 year old is getting her hair and make-up done in preparation for our 1940s-themed photo shoot, but the tranquil atmosphere keeps getting interrupted by her phone going off. Could it be 25-year-old Ricky desperately trying to win her back?

"Debt collectors!" she laughs at the unknown number.

Despite her obvious heartache, the former *Geordie Shore* star doesn't hold back when describing what went wrong in their whirlwind relationship. "I thought, 'If I feel unwanted now, what happens further down the line?'" she admits.

INTERVIEW **Karmel Doughty**

As well as the uncertainty over their future, she's dreading hearing the likes of his ex, Jess Wright, saying, "I told you so." Marnie explains, "She and a few other people said we wouldn't last and we've kind of proved them right."

But Marnie remains level-headed about the future, telling us, "I know I'm not going to die without him. I will survive."

Fighting talk. Over to you, Marnie…

We were so sorry to hear you and Ricky had split. Are you over for good?

Not for good. We're still talking and trying to work through things, but it's difficult.

What happened in the weeks before your split?

We just weren't getting on. He'd say it was because we were spending too much time together, but if you're engaged why is that an issue?

How did you feel?

If we were having all these problems after six months, then what was the point? Especially with everything I'd given up for him. It was a slap in the face.

Did you tell him how you felt?

Uh-huh. But he'd just brush it off. If you're engaged to someone you should be able to spend all your time with them. He was always under the illusion love isn't easy and you've got to try and work at it, but I don't think like that. It should come naturally.

So was there a lot of bickering in the build-up to the split?

Yeah. And I felt like if I stayed with him longer than a week, he was just sick of us.

Is it true you dumped him by text message?

Yes. When I left it was really awkward and it was like I wasn't even with him any more. My mam picked us up from his house because I had too much stuff and she asked me if it was over and I was like, "I don't know!"

Was Ricky there when you left?

Yeah. We gave each other an awkward cuddle goodbye and that was it.

That's so sad! When did you speak to him next?

That night. When I told him how I felt and stuff he didn't really seem that bothered. He tweeted to say he was going out and I was like, "Well, I'm going out too!"

Is that the night you were pictured out with *Ex On The Beach*'s Marty McKenna?

Yes. I've known him for six years and he was actually cracking on with my mate Chloe that night.

Is Ricky the jealous type?

Yeah, I've got a lot of friends who are boys and he didn't like that.

Do you get jealous too?

Only when someone gives me a reason to be.

Was Ricky at all controlling?

No, he would joke and say, "You can't wear that!" but he wouldn't stop us from wearing it. But he's got a very big temper and when he gets angry he has an acid tongue.

Was he ever physically or verbally aggressive towards you?

Not physically, but verbally. When we split up he called me every name under the sun and he called me a slag about 5,000 times. He told us he has always thought those things.

What happened when Ricky saw the message from your ex on your phone?

I'd gone to his house to apologise about the whole Marty thing and when I was in the shower the message popped up. It was an innocent text. It wasn't like we were sexting.

How did Ricky react?

He went mad and kicked us out of his house in the middle of the night. I had to stay in a hotel. He didn't give us a chance to explain.

Why was your ex-boyfriend messaging you?

Ricky and I were going through a bad time and he must have heard the

Marnie admits Ricky was verbally abusive in their relationship

a slag we split

The couple back in July

split rumours and thought, "Here's my chance." I wasn't sure what was going on with Ricky but I was in the wrong for texting back. I don't find it easy to apologise, so it was hard admitting I was wrong.

Did he want you back?

I don't know, but I'm friends with all my exes.

Do you think you and Ricky could be friends?

I don't know if he's that type, to be honest. I'm hoping we can work through it because I'm devastated. I love him a lot.

If you do get back together, could you cope with Ricky living in Essex and you back home in Newcastle?

I don't know if I'm cut out for long-distance relationships. I just feel like, "What's the point?" He's all for long-distance – he copes with it better than me.

Are you quite full-on when you're going out with someone?

I am, but he was too in the beginning. It kind of dwindled after he proposed. I can't remember the last time he came to see me in Newcastle. It was always me going to see him.

Did that annoy you?
Yeah. In the two weeks between splitting and him going to Thailand, I asked him to come to Newcastle but he wouldn't. I just thought to myself, "Can you not put a little bit of effort in?"

Your relationship seemed to move very quickly...
It did, but that was all him and now he wants to spend time apart. He was this perfect man who I was going to marry and spend every day with and then it all changed.

Has your opinion of him changed since you split?
No, I still love him and have loads of respect for him. Hopefully we can work things out.

How will you know if you can work things out?
I'll have to spend a little time with him and if I feel unwanted again, then it's obviously not going to work.

You claimed a tweet about your heart being broken was about your dog, not Ricky. Is that true?
It was about my dog because he had a nasty fall and almost died. I'd never show my weakness, even if I was dying inside.

You and Ricky both spoke openly about wanting to start a family together. Do you regret that?
Definitely! I feel like we put too much pressure on ourselves and I'm embarrassed it's all failed. I wish we'd stayed quiet, but again, that was Ricky. He was so open about everything.

If you do get back together is that one thing you'll change?
Yes! I've learned not to be so open so quickly.

Was Jess Wright ever mentioned in your rows?
No, never.

What have you done with your engagement ring?
It's at home. I want to wear it but I don't feel I should. It's almost bad luck to wear it when things are bad.

Have you put it back on at all?
Yeah. And I carry it with us and always look at it.

Did Ricky ask you to take it off?
No, it was my decision.

How did he react to that?
He never liked us taking it off. But I think that's his insecurities. He needs to trust us, I'm not going to jump into bed with anyone else.

So you're not looking for a new man then?
No. If me and Ricky split it will be a long time before I get into another relationship. It's the first relationship where I've really been in love, so it would hit us the hardest.

Have you told him that the wedding is definitely off?
No, we haven't discussed that. It's kind of our last priority. I'd actually love for him to re-propose as it was all a bit rushed. I think he should have waited longer.

Have you spoken to his family?
No. I'm worried because he's so close to them and I just hope they don't believe everything they've read. I really like them.

Has your mum given you advice on how to cope?
My mam's kind of like, "Leave it now." She could be won back over, but she has seen all of his efforts dwindle too.

Will he have to work hard to win her over again?
Yes, but I'm sure it'll be the same with me and his parents.

You're looking great in our shoot. Are you on the heartbreak diet?
No, I'm one of those people who binges! I'm a 10 and about 9½st. I was a size 8 before. I want to be a 6 and around 8st. I really want to tone up my tummy.

Marnie wasn't wearing her engagement ring when she was snapped with Marty last month

'Marty was actually cracking on with my mate Chloe that night'

MAIN PHOTOS: David Cummings HAIR: Alice Oliver MAKE-UP: Rosie Lewis using MAC Marnie wears (previous page): dress, The Cats Pyjamas (01702 716565); shoes, £24.99, New Look (Newlook.com); ring, £49.99, Storm (Stormwatches.com) This page: dress, £365, Dynasty London (Dynastyuk.co.uk); shoes, £24.99, New Look; earrings, £12, River Island (Riverisland.com) OTHER PHOTOS: FameFlynet.uk.com, Rex Shutterstock

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STORY of the WEEK

Lauren *finally* eclipses Michelle

As the actress suffers a fashion fail, the ex-*TOWIE* star shows off the fruits of her fitness labour…

Michelle's "frumpy" dress was slated

Fans were quick to praise Lauren's toned body in her "Lara Croft" selfie

FOR THREE YEARS, LAUREN GOODGER HAS BEEN UNFAVOURABLY AND CRUELLY COMPARED TO MICHELLE KEEGAN, who is now married to her ex, Mark Wright. But last week the tables finally turned.

While Lauren updated her Instagram page with stunning selfies taken during her holiday in Italy, Michelle was widely panned by critics when she arrived at the *TV Choice* Awards wearing an unflattering pink dress.

Lauren, who has been working hard on slimming down after she admitted she felt like a "beached whale" at 12st 9lbs, had her exercise and diet efforts praised by her fans.

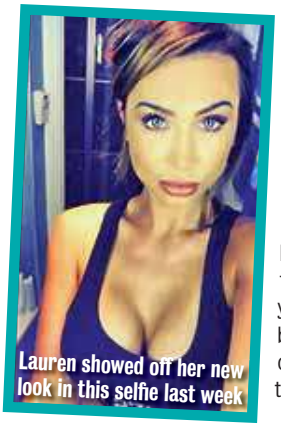
Under one picture of the former *TOWIE* star, which shows her looking noticeably thinner while enjoying a coffee in Milan, one commentator wrote, "Wow lauren keep at it you look great x,"* while another added, "Die for those collar bones!"

And sources say Lauren, who turns 29 this week, couldn't be happier about her toned bod, which she also showed off a day earlier in a snap captioned DoingALaraCroft".

An insider told **new!**, "Lauren is really pleased with her new look. She's loving life and is feeling really confident."

Meanwhile, 600 miles away in London, Michelle, 28, was getting heavily criticised for the Michael Kors outfit she wore to the glitzy television awards show, which she attended with hubby Mark.

One onlooker noted, "Michelle the worst dress I've seen you in, so frumpy," and another stuck the knife in by saying, "It definitely looks like someone is having regrets.



Lauren showed off her new look in this selfie last week

Too late now Mark – Lauren is long gone."

Another appeared to agree, writing, "She isn't exactly Lauren now is she! I mean Lauren is looking amazing these days. Think you've made the biggest mistake of your life there Mark!!!"

The harsh comments highlight how far the tide has turned, as not too long ago it was Lauren who bore the brunt of the cruel comments.

She faced a huge backlash earlier this year while on holiday in Abu Dhabi with Jake, after going for a meal in Dubai – where Mark and Michelle were honeymooning at the time.

One critic raged, "She is so jealous it's actually pathetic now," while another added, "He's married Michelle, why would he ever want you again??"

Well, we think both girls look hot to trot!

JULIA BROOKS

Turn to page 28 FOR LAUREN'S COLUMN

PHOTOS: Press Association Images, Rex Shutterstock
*Internet posts are printed exactly as they appear online

MARK: 'WE WON'T BE MOVING TO AMERICA'

Mark says he's too busy to move

Ever since Mark Wright and Michelle Keegan were caught meeting TV producers in LA in the summer, we've been convinced they are planning on upping sticks and moving across the pond. But Mark, 28, told new! at the *TV Choice* Awards last week he has too much on his plate here to move to America.

"We went over there for a little trip and we also had a few meetings. I've got a manager over there and we went to some TV networks, but at the moment I'm so busy here with TV and radio that I wouldn't be able to move across the pond as yet."

Still, if the chance came up, he'd take it. "England will always be home but to do a show abroad, yeah, for sure!" he said.

Speaking of hit TV shows, Mark insisted he can't see his wife Michelle ever following in his footsteps and sashaying on to the *Strictly* dance floor. "I don't think she would. She might change her mind one day, but for now I think it's a no."

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STORY of the WEEK

Jordan's pain as explosive book delayed

Katie Price is frustrated as her book exposing mystery ex-lovers is postponed...

KATIE PRICE'S SEARING HONESTY HAS ALWAYS COMMANDED ATTENTION, and the model was no doubt looking forward to stirring up controversy – and getting her revenge! – when her new tell-all book hit the shelves next month. However, the book's release date has been pushed back an entire year, apparently for legal reasons, and won't be on sale until October 2016.

Katie, 37, promised to "tell the truth" about relationships with men who are "household names", and after a million viewers watched her bare her soul on Channel 5's *Katie Price: In Therapy*, the plain-talking star will undoubtedly be frustrated by the delay!

It's believed the intended release date of the book – which has been put back due to "scheduling issues" – was also strategically timed to coincide with her ex-husband Peter Andre's stint on *Strictly Come Dancing*. Instead, she will now have to take a back seat as 42-year-old Pete basks in the hit show's limelight.

It's the latest in a long line of upsets for Katie in what was intended to be her big comeback year. After beginning 2015 with a bang by winning *Celebrity Big Brother* in February, she was supposed to take part in Australia's *Dancing With The Stars* this summer but couldn't as she had a clash of work commitments.

Katie posted pics of her "amazing bling collection"

The star enjoyed time with Kieran and her brood last Wednesday

And just last week, her new crystallised shoe and accessories range didn't quite take off as anticipated. The live launch of KP Bling Limited last Tuesday fell flat when just 35 of her two million Twitter followers retweeted her announcement.

Katie's work life may be falling short, but her family life appears to be well and truly back on track. Just last week, she shared an adorable snap of her brood in their swimming pool, days after her trip to Thorpe Park with husband Kieran, 28, and her three eldest children, Harvey, 13, Junior, ten, and Princess, eight.

You know what they say, Katie – life is a rollercoaster!

KATE NOBLE

Katie's comeback year may not be living up to expectations

PHOTOS: FameFlynet.uk.com

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STORY of the WEEK

Amy blasted: 'Your lips are horrendous!'

The star is taunted as she steps out with a plumper pout

SHE ONCE HAD CORRECTIVE SURGERY following a botched lip filler op, but it doesn't look like the scare has stopped Amy Childs from having further procedures on her face, if these pictures are anything to go by.

The 25 year old sported noticeably swollen lips as she headed to the gym in Essex last week. And fans were less than complimentary about her new look.

"Her trout is ridiculous," one fan wrote online. And another said, "Those lips are horrendous. Looks like she's being sucking on a hoover?"* A third cruelly suggested she looked like a duck, simply writing, "Quack Quack!"

Anne Marie Gillett, non-surgical director at Transform cosmetic surgery group, thinks Amy has had more non-invasive surgery on her lips.

"It is fair to say Amy Childs is sporting a fuller lip look, which I would suggest is due to recent lip fillers. It seems Amy has gradually increased the size of her lips with regular fillers," she said.

Anne Marie added that Amy's lips are beginning to look less natural because of frequent treatments. She told **new!**, "Amy is starting to lose the definition in her top lip and she is lacking a Cupid's bow. I'd say that Amy has recently had the treatment and I would expect the swelling in her lips to reduce over the coming weeks. We always recommend that less is more and we'd advise Amy to leave longer time between treatments and to use less products."

Earlier this year, Amy spoke out about having corrective surgery after a lip filler procedure went wrong, leaving her with a lop-sided smile. She told us, "I had to have corrective surgery as one side was bigger than the other. More fool me for having my lips done in the first place!"

And Amy, who has also used Botox and had breast enlargement surgery twice, said she went overboard with fillers.

"I do look back at pictures and think I looked like a freak," she admitted. "I went overboard with my lips and looked like Pete Burns at one point. But at the time I thought I looked good." Maybe it's time to stop then, Amy?

LISA BLAKE

An internet troll likened her appearance to a duck

The star looked natural back in 2010...

...more plumped up in 2013...

...and her lips were even bigger last week

Amy, pictured leaving the gym last week, has admitted to surgery regrets in the past

PHOTOS: Rex Shutterstock, Xposurephotos.com *Internet posts are printed exactly as they appear online

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STORY of the WEEK

Pro blasted for treating Millie 'like a piece of meat'

Pro Green covers wife Millie's boobs with his feet in the bathroom snap

The rapper is accused of humiliating his wife with his latest steamy bath time snap…

PROFESSOR GREEN AND MILLIE MACKINTOSH LOVE TO POKE FUN at each other on social media, but fans feared the rapper took things too far last week by uploading a photo of Millie in the bath – with only his feet covering her modesty.

The snap showed Millie grinning while Pro pressed his feet into her chest. He captioned the shot, "#Bathfortwo #merelysavinghermodesty #couldibeanypaler."*

And although the intimate picture appears to prove how loved-up the couple are – they have been plagued by rumours their marriage is in trouble for months – critics blasted Pro online, saying he was demeaning his wife of two years.

"Sorry but no self-respecting husband would upload a picture like that of their wife to the internet," one raged. Another added, "How disgusting, he is spreading his wife round like a piece of meat."

Critics say Pro Green is humiliating Millie

Psychologist Dr Emma Gray told **new!**, "I think the photo says quite a lot about the power dynamic of their relationship. In my opinion, he humiliates her so he can feel better about himself, and it goes under the radar because it's dressed up as a joke. I think it's controlling."

In the past, Millie, 26, has jokingly posted pics of her other half asleep or caught off guard, but this isn't the first time Pro – real name Stephen Manderson – has shared a photo of the former *Made In Chelsea* star enjoying a private moment in the bath. He embarrassed her in July by snapping her shaving and posting the picture on Instagram with the caption, "That awkward moment when your husband catches you doing a spot of hair removal and decides to take a photo on your phone and post it."

Some fans didn't see the funny side of his latest antics, especially considering he currently has his new autobiography to promote. One stated, "He has no respect for 'Lucky' her – putting these photos up for publicity on the internet like she is a possession and that risqué pics is all she is worth!"

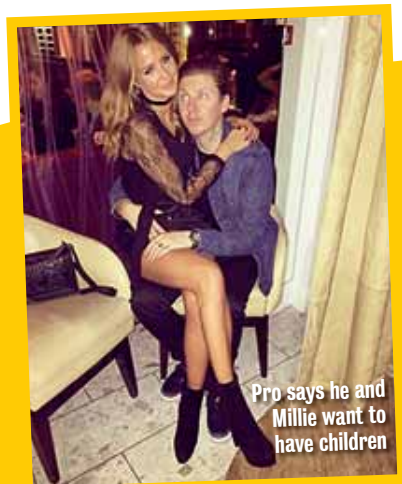
It's not the first time he has pictured Millie in the bath

However, others embraced it. One said, "Love this pic! Good for you." Others added, "Marriage goals!"

Explaining the snap last week, Pro, 31, told us, "Well, she's seen the pictures I put of her in the book and she's told me to sleep with one eye open. But I'm not a scared man."

OLIVIA ADAMS

PHOTOS: Getty Images *Internet posts are printed exactly as they appear online Dr Emma Gray is a Consultant Clinical Psychologist at the British CBT & Counselling Service, which specialises in cognitive behavioural therapy (CBT) for adults and children



Pro says he and Millie want to have children

PRO: 'MILLIE WILL BE A GREAT MUM'

We were lucky enough to get an invite to Pro's book launch at a bar in London's Soho last Thursday. Casually dressed, the star seemed relaxed when we grabbed him for a chat. He revealed how his pal and new dad Example has made him feel broody. He said, "Seeing how happy he is with his wife and child, and seeing Millie with Example's son Evander – she's so cute and I think she'll be a great mum. If it happens, it happens, but we've not got any plans to do it right now. We definitely want children, though."

He also denied rumours he was in competition with his wife, who released a book on the same day. He told us, "She's written a lifestyle book, I've written an autobiography. They don't sit in the same category on the bookshelf."

Earlier in the week, Pro set the record straight by revealing he and Millie have had relationship counselling with celeb psychologist Dr Linda Papadopoulos. "We both see the same therapist and we have sat down with her together," he said. "Sometimes, it's easier to understand things when they come from a person who is removed from the situation."

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Two children would be great

Strictly newlyweds Karen and Kevin Clifton talk to new! about babies and their new celebrity dance partners…

INTERVIEW **Lisa Blake**

We love a romance on *Strictly Come Dancing*, so when professional dancers Kevin and Karen Clifton tied the knot in July, we were delighted.

"It's been a great few months, we had the best day ever. If I could get married every year, I would," says Karen as we settle down for a breakfast chat.

But after a restful summer, including a romantic honeymoon in Mauritius, Karen, who's dancing with radio presenter Jeremy Vine, and Kevin, who's partnered with *EastEnders* actress Kellie Bright, are ready to hit the *Strictly* dance floor when the competition kicks off next week.

"Jeremy is going to be great fun to be with on that dance floor. People just expect him to do dad dancing, but I think he might do a couple of tricks. I think he'll be a dark horse," adds Karen, 33.

And Grimsby-born Kevin, 32, who's been runner-up the last two years with Frankie Bridge and Susanna Reid, is just as gushing about Kellie.

Here, the couple talk about plans to start a family, being competitive on the show and the possibility of a celebrity romance on this year's series…

Did either of you have an inkling of which celebrities you were going to be paired with?

Karen: We had zero idea. Don't get us wrong, when we meet them all we're trying to see how we get along with them and to see their height, but actually it's a big shock. I'm happy.

Kevin: So am I.

Karen, do you think Jeremy is going to embrace all the campness and sparkle of the show?

Oh my God, he's already talking about booking himself into all these tanning booths and he already wants more sparkle!

Have you met his wife?

Kevin and I recently met his daughters and his wife. I was teaching his little girls how to do splits in the street. They are absolutely brilliant.

Kevin, are you a fan of *EastEnders*?

I've seen it but I don't watch it regularly. There was talk of going to the set to do some training, so I'm excited about that!

Danny Dyer seemed happy Kellie was paired with you, referring to you as a "lovely geezer" in a tweet…

I hope he likes me. I wouldn't want to get on the wrong side of him [laughs].

Have you met Kellie's husband?

Not yet, but she said she's going to bring him along to the show, so we'll get to meet properly.

Kevin, you've come second two years in a row. Are you hoping to win this year?

That's the dream, I'm hoping it will be third year lucky.

Do you ever get competitive with each other?

Kevin: It's getting more and more that way!

Karen: Well I can't ever compete against Kevin. He's never been in a dance-off so it's really unfair!

Kristina Rihanoff has been paired with Daniel O'Donnell. Do you think the show's producers did that to prevent another backlash from fans who accuse her of being "a husband stealer"?

Karen: No. Each year you get somebody completely different. I got Jeremy, who's totally different from Mark Wright, but you never know – we might end up winning. Kristina and Daniel is a great partnership.

We noticed Iwan Thomas and Kirsty Gallacher have exchanged tweets. Do you think romance could happen?

Kevin: [Laughing hysterically] I don't know.

Ooh! Has something happened?

Kevin: [Laughing]

Karen: We'll keep an eye out for you!

Simon Cowell thought *The X Factor* would trump *Strictly*, but you had the biggest ratings for a show launch this year…

Kevin: I know everyone thinks the two shows care about ratings against each other, but I think all they care about is their own ratings. We're just happy that everyone still loves the show.

You got hitched in July. How's married life going?

Karen: It's good. It feels like we've always been married, nothing's changed. I still do the dishes and cook, Kevin just watches TV, so nothing's different! The only thing I ask him to do is the laundry, and he does it badly so I'd rather not ask him!

Kevin: I am here, you know! One thing I'm looking forward to about *Strictly* this year is hearing Karen's name as Karen Clifton. I can't wait!

Do you have plans to have children?

Karen: Absolutely. First I want to start with a dog, but definitely in a couple of years. I think one would be nice but two would be great.

Follow @keviclifton and @karen_hauer on Twitter

Karen was delighted to be paired with Jeremy…

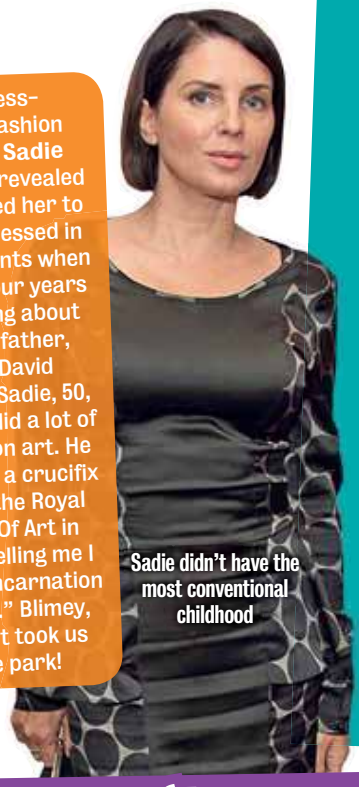
…while hubby Kevin met dance partner Kellie

Kristina is dancing with Daniel

PHOTOS: Splashnews.com

What's new!

Your weekly celebrity news round-up



Sadie didn't have the most conventional childhood

Actress-turned-fashion designer **Sadie Frost** has revealed her dad tied her to a cross dressed in just her pants when she was four years old. Talking about her late father, artist David Vaughan, Sadie, 50, said, "He did a lot of installation art. He tied me to a crucifix outside the Royal College Of Art in London telling me I was a reincarnation of Jesus." Blimey, ours just took us to the park!

CAROLINE NIPS OUT

Caz exposed herself to her 600,000 Instagram followers

X Factor host **Caroline Flack** was left mortified last week after she accidentally exposed her nipple on Instagram. Oh dear!

The *Strictly* 2014 winner was showing off her hair and make-up in the snap, but gave fans way more than they bargained for.

Poor Caroline, 35, deleted the picture immediately, but not before several of her 600,000 followers reposted it.

One wrote, "Seeing Caroline Flack topless this morning after she accidentally posted it on Instagram has made my morning."

Caz later posted a cropped version of the same picture, captioned, "Bloody el... Hair and make up by @gemflossy."*

It's not the first time Caz has, er, nip slipped up. The presenter also caused a stir in August when she posted a pic of herself in bed, in which she flashed her cleavage. Perhaps she's making a boob of things on purpose – her upcoming book is called *Storm In A C Cup* after all...

She posted this sultry picture in August

Liam: 'I went through a bad drinking stage'

One Direction's **Liam Payne** has opened up about his past issues with alcohol – and how he drank to deal with the band's hectic workload.

The singer, 22, said, "I'm not afraid to say that I actually went through a pretty bad [drinking] stage. And for that time in my life, that was perfect for me. I mean, you're away from home and that can get hard."

He added, "There were just a few times that I went over the limit with things and then I had to pull it back."

But with his drinking woes behind him, Liam is looking forward to the future with his girlfriend of two years, Sophia Smith.

"We have talked about marriage, but 22 seems a bit young for us. Sophia needs to go off and do what she wants to do," he said. "I don't want her to be one of those stay-at-home girlfriends who doesn't really do much." Swoon...

Liam and Sophia have discussed tying the knot

The star spoke out about his issues with alcohol

The couple have been dating for five months

Sandra Bullock's new boyfriend, Bryan Randall, 49, has allegedly bragged about his drug-taking past. In a post on Facebook, the 51-year-old actress' beau commented on a snap of him and his daughter, Skylar, taken in 1994. He wrote, "Sky was the happiest baby... I don't think she cried until preschool. I'm pretty sure she was conceived while I was loaded on LSD." You sure know how to pick 'em, Sandy!

Chloe: 'Joey is happy for Sam'

Chloe revealed Sam and Joey talked about having children

Chloe Sims has told **new!** her cousin **Joey Essex** is delighted with his ex **Sam Faiers**' baby news. Speaking at the *TV Choice* Awards, Chloe said, "I'm really, really happy for her and I'm sure Joey's happy for her as well." She added, "I haven't spoken to him about it, but I wasn't shocked because I always thought she was quite maternal. I knew she wanted to have children. I know she and Joey spoke about it." Meanwhile, Sam's pal **Ferne McCann**, 25, told us she will be a brilliant mum. Speaking to us at *Notion* magazine's 70th issue launch party, she said, "She's going to be the most amazing mother – she's so maternal. A few girls in our group have got babies so everyone is super-excited. She's very close to her sister Billie [who has a one-year-old daughter, Nelly], so it'll be nice for them to have babies together." It looks like Essex is going to need a big crèche!

Ferne reckons Sam will be an "amazing" mum

IMOGEN: 'I'M ADDICTED TO EXERCISE'

Imogen showed off her baby bump last week

Imogen Thomas' love of exercise isn't waning, despite being seven months pregnant.

The reality TV star has admitted that she "can't help it" when it comes to her dedication to the gym, and joked she had gained almost half a stone in just a few hours.

The 32 year old tweeted, "I feel like I've gained 5 pounds overnight," adding, "I would give Kim K a run for her money the size of my ass right now."

But while you'd expect the star to be taking things easy, Imogen – who is already mum to two-year-old Ariana – admits she's addicted to going to the gym. She said, "I have to do it. I have to work out – I've been like it since I was 14 years old."

Imogen – who is expecting her second child with boyfriend Adam Horsley – told **new!** earlier this month that she may not be able to stick to the six weeks' rest she'll need after her C-section. She said, "I'll probably start working out before then."

Tulisa arrested for 'drink driving'

Tulisa Contostavlos has been arrested on suspicion of drink driving. The singer is believed to have crashed her Ferrari into another vehicle outside London's Southgate Tube station last week.

The 27 year old was breathalysed at the scene and was still in police custody last Friday, according to reports.

A Metropolitan Police spokesman told **new!**, "Police were called shortly before midnight on September 10 to Southgate Tube station, following reports of two cars involved in a collision. There were no reported injuries. One of the drivers, a 27-year-old woman, was arrested on suspicion of drink driving and was taken to an east London police station."

Tulisa was reportedly involved in a car crash

Fearne Cotton, 34, has given birth to a daughter, Honey Krissy Wood. The presenter, who also has two-year-old son Rex with hubby **Jesse Wood**, named her in honour of Jesse's late mother Krissy, who died in 2005.

Sam Smith will release *Writing's On The Wall*, the official theme for new James Bond film *Spectre*. "This is one of the highlights of my career," the singer, 23, told fans.

Jaime Winstone, 30, and her DJ boyfriend are expecting their first child. She announced on Instagram, "Me and @james_suckling are very pleased that we are having a baby!!"

GOOD WEEK

Who's on the up and who's going down

BAD WEEK

New *Voice UK* coach **Paloma Faith**, 34, apologised to fans at a Gibraltar festival after confusing the British overseas territory with Spain. "If I offended anyone tonight... Im sorry," she tweeted.

Sienna Miller has been dropped from the new Johnny Depp film *Black Mass*. Director Scott Cooper said Sienna had been "fantastic" as Whitey Bulger's girlfriend, but added, "It came down to narrative choices."

Simon Cowell, 55, was forced to turn the music down at his Syco Summer Party – held in the grounds of Kensington Palace – in case it woke **Princess Charlotte**! The tot was visiting with parents **Kate** and **Wills**.

WORDS: Lisa Blake, Sarah Morton, Georgia Farquharson, Karmel Doughty. PHOTOS: GC Images, Getty, Jean-Paul/JG Photos, Splashnews.com, Wirelmage, Xposurephotos.com *Internet posts are printed exactly as they appear online

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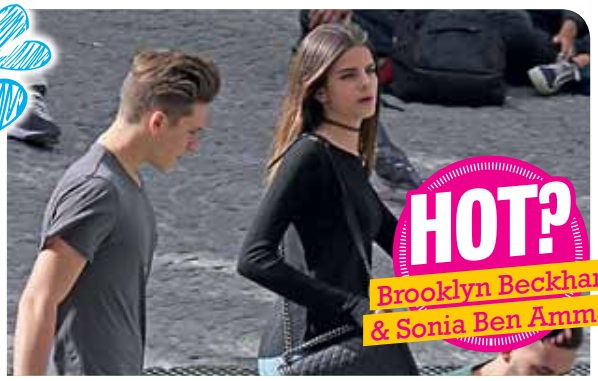
HOT OR NOT?

RED HOT
Kirk Norcross & Holli Willis

Massive congrats to *Ex On The Beach* star Kirk, who has revealed he's engaged to pregnant partner Holli.

The proud daddy-to-be, 27, couldn't resist sharing the happy news, telling reporters, "I'm gonna be a dad! I got engaged as well, I just didn't make it a big thing. A lot of people now think I'm just doing it for stories so I thought, 'You know what, I'll just keep it to myself.'"

Kirk said he and Holli – who recently rekindled their romance after initially dating seven years ago – are putting wedding plans on hold so their baby girl can be at the nuptials. We hope our invite will be in the post too, Kirk!



HOT?
Brooklyn Beckham & Sonia Ben Ammar

Victoria and David Beckham's eldest son, Brooklyn, is reportedly dating French Broadway star Sonia. The couple, who are both 16, were snapped enjoying a minibreak in Paris – and Brooklyn is said to have had the blessing of his famous parents. The actress, who has starred in a number of French films, showed Brooklyn around the city last week.

A source close to the Beckham family said, "Yes, they are dating. But they are teenagers so it is young love. David and Victoria are very happy about it." Cute!

Britain's Got Talent judge David, 44, and Dutch supermodel Lara, 31, have applied to formally divorce. If approved, it means their five-year marriage will be over in just six weeks. The couple, who separated in March, have a two-year-old son called Alfred.

Friends say David is devastated by the breakdown of their relationship and he reportedly met with pal James Corden to help clear his head. "It's been tough on him but he wants to do whatever is best for Alfred and have a great relationship with Lara for his sake," a source said.

NOT
David Walliams & Lara Stone

NOT
Spencer Matthews & Lauren Hutton

Poor Lauren appeared to have been the first girl to tame lothario Spencer. But just hours before she uploaded this picture of her in bed with her boyfriend of more than a year, Spencer, 27, had been spotted kissing another girl.

Lauren, also 27, then found out about his antics and kicked him to the kerb. Good on you, love.

HOT?
Zayn Malik & Rita Ora

Well, we didn't see this one coming! Rita, 24, and Zayn, 22, enjoyed a cosy dinner date at Koi restaurant in Hollywood, before leaving in a cab together. Ooh! Either Rita's tapping Zayn up as her sidekick for the Judges' Houses – which we doubt! – or Zayn is Rita's new fella...

WORDS: Olivia Adams, Sarah Morton PHOTOS: Exclusivepix Media, FameFlyney.uk.com, Getty, WENN.com

Charlotte's a beautiful and honest person

As he launches the new, free *OK*! Fun Bingo app, the ex-*TOWIE* star talks to **new!** about bingo, hanging out with friends and the new lady in his life…

INTERVIEW **Robyn Morris**

Joey Essex is looking happy, tanned, and to use his own term, reem. The former *TOWIE* star has just returned from a break in Ibiza with girlfriend Charlotte Stuchfield and pals to celebrate his 25th birthday.

When we ask how things are going with the pretty brunette, Joey goes all coy and giggly – it must be love!

But don't expect Joey – who was once engaged to his former co-star Sam Faiers – to be walking down the aisle any time soon.

"She's a nice girl so who knows?" he smiles. "But you have to have time to work each other out."

During our chat, Joey, who is the face of new gaming app *OK*! Fun Bingo, admits to us that he's so obsessed with his hair, he recently flew his hairdresser out to Ibiza. He also hints at plans for a new TV show…

The star is now dating Charlotte

Hi Joey! Tell us a bit about your involvement with *OK*! Fun Bingo...

I'm always on my phone and when I had played the game I loved it! It's also well reem that it's free and you can play in real time against your mates, which is cool. I'm pretty competitive, and not boasting, but I'm sick at this game!

Have you been playing the game a lot?

Yeah, I'm always on my phone. It's fun – but it's weird playing it and hearing my voice [laughs]. It was cool I got to include my phrases like "reem" and "salty potato" in it to give it the Joey Essex edge.

And you've also come up with your own bingo calls...

Yes! We've got Well Reem, 15, Totally Sick, 66, and loads of other fun ones, so make sure you download the game. It's a lot of fun and also looks just like *OK*! magazine, which I love! Glossy and reem.

How was Ibiza?

It was good. I want to get away again, though. I love going on holiday.

Have you got any more holidays planned this year?

I want to go to Dubai with my friends and I might be going to Spain.

You flew your hairdresser out to Ibiza...

I did. I knew that if I didn't get my hair cut a week before, I wouldn't be able to get it done. But my diary was so packed. So I rang my hairdresser, who was in Barcelona. I said, "Look man, I need you to come to Ibiza."

The things you'll do for your hair!

I had to – it was my birthday. It's quite an important day for me.

You recently posted a throwback picture of your hair. What's the worst style you've ever had?

When I was a kid, I shaved it all off. Well, I say "all off" – it was actually a No.3, but that's still short for me.

Did Charlotte have a good time in Ibiza?

Yeah, a really good time.

In-game action with Joey (and his moggy!)

How's it going with her?

Really well. She's a nice girl. I really like her. She's nice and genuine. She's an honest person.

Does she mind all the attention you get from other girls?

She's the only girl I've ever met who's not bothered about it. I never thought I'd meet someone that didn't care about the attention, but she understands. It's nice – it makes me realise she likes me.

What does the future hold for you both?

You don't know, do you? It could be five years, ten years, next week – who knows? We only got together a month or two ago, so I don't think we'll be getting engaged for a while!

Can you see marriage and kids further down the line?

Possibly – she's a nice enough girl. But you never know, do you? You have to work each other out – it takes a little while.

So, you're 25 now – do you feel all grown up?

It's weird, people say that when you get older you become a wiser, happier person because you know and understand what you want in life, so I like it. When I was 21 I didn't want to get older, but now that I'm 25 I'm not that bothered. I'm quite happy in life.

It was reported that you earn more than David Cameron and George Osborne combined...

I don't really discuss money, but I'm not overly sure.

How do you spend your money?

I like clothes and I've got a nice car. I bought a place recently, so I've been buying items for that.

What have you bought Charlotte?

I bought her a pair of Versace shoes the other day.

There's been a big fuss about young girls having cosmetic surgery. Do you prefer natural girls?

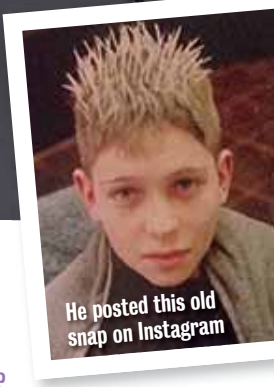
Well, Charlotte is all natural. She's beautiful so I'd probably say no surgery, but I'm not against it. I've told Charlotte I'd rather she didn't get surgery. Charlotte's not like that at all.

Will you ever get work done?

No, never in a million years.

Have you got any more plans for TV shows?

I'm still in talks with TV production companies. Watch this space.



He posted this old snap on Instagram

OK! Fun Bingo is OK!'s new, free bingo app featuring Joey Essex as the host and bingo caller. The game is available for free on the iTunes app store and Google Play. Go to Funbingo.ok.co.uk for more details

OK! FUN BINGO

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Guest list girls

new!'s Zara, Olivia and Karmel bring you all the gossip

Nicholas: 'Jennifer and I are still friends'

GQ MEN OF THE YEAR AWARDS & AFTER PARTY
ROYAL OPERA HOUSE, LONDON

While the likes of Sam Smith and Paul Rudd collected gongs at this year's awards ceremony, GLG were busy mingling with the other celebrity guests, including model Jourdan Dunn and *Skins* star turned Hollywood heart-throb Nicholas Hoult. But Nick, 25, who looked dapper in a suit, was nervous during our chat and admitted, "I have social anxiety issues. I don't like coming out to parties." But he did tell us he's still close to his ex, Jennifer Lawrence, who he split from last summer. "We're still friends," he smiled.

We also caught up with former *Strictly* star Pixie Lott, 24. The singer, who looked amazing in a Versace gown, told us, "I don't like working out. I still love dancing, though. I'm rooting for Peter Andre or Jamelia to win the show this year – they're both lovely."

Model David Gandy, 35, stopped for a natter too, and told us his perfect body doesn't come easy. "I train hard before a shoot. I go to the gym six times a week," he revealed. But with a cocktail in hand, David, who is dating The Saturdays' Mollie King, joked, "I'll still have a tipple. I enjoy my alcohol – I'm English! But I keep it clean – less beer, more vodka. Mollie doesn't drink much, she's very good. We work out together and I cook for her most nights. We eat lots of seafood and I always buy fresh!"

And when we grilled him about popping the question and having babies with Mollie, he replied, "I'll keep you guessing. But of course I'd like to be a dad one day."

Nicholas was nervous chatting to **new!**'s Olivia

Mollie: 'Rochelle is doing so well on Xtra Factor!'

NOTION MAGAZINE ISSUE 70 LAUNCH PARTY
CHOTTO MATTE, LONDON

When we bumped into Mollie King at the magazine party we couldn't wait to find out what she thinks of her Saturdays bandmate Rochelle Humes' presenting skills on *The Xtra Factor*.

"Ah, she's doing so well," she told us. "She's a natural and having so much fun."

She also revealed how The Sats' Frankie Bridge is finding being a mum of two after giving birth to her second son, Carter, in August.

"I speak to Frankie pretty much every other day. She's doing great. I think this pregnancy was a lot easier than her first. I guess you're more used to it the second time."

Glad to hear it!

Mollie flashed the flesh at the do

Olivia admired Pixie's Versace dress

David admitted he works hard in the gym

Danny: 'Kellie could win Strictly'

TV CHOICE AWARDS
HILTON ON PARK LANE HOTEL, LONDON

Danny Dyer has told GLG he reckons his on-screen wife Kellie Bright has a good chance of stealing Caroline Flack's *Strictly* crown.

The *EastEnders* star thinks the actress has what it takes to make it to the final with her professional partner Kevin Clifton.

"I reckon she's got a really good chance – Kevin's bang on, isn't he?" he said.

But despite Danny's optimism, Kellie confessed she's a bag of nerves.

"I just feel like I don't want to let anyone down," she said. "My family and friends are all really excited. I've got this lot and then I've got Kevin. I'll be doing my best."

Danny is backing Kellie for *Strictly*

GOT ANY GOSSIP? TWEET US!
@KarmelDoughty
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@LivAdams2011

PHOTOS: Getty Images, Wireimage.com

"I love my womanly figure"

Nikki Grahame talks to **new!** about her new curves and the latest batch of *CBB* housemates…

Nikki Grahame will forever be one of our favourite *Big Brother* housemates. So when we sit down with the 33 year old for a gossip, it's no surprise this year's series of *Celebrity Big Brother* dominates our chat.

Nikki tells us she'd love to be let loose on "monstrous" Farrah Abraham and says she can see a lot of herself in mouthy Janice Dickinson.

She also reveals a crush on James Hill, but it's clear she's still heartbroken from her split from Nick Henderson, who she met in the *BB* house this summer.

We can't help but notice how much happier and healthier Nikki looks these days. She's recently gained some weight, and though she doesn't weigh herself, she proudly tells us she's now a size 6-8. Here Nikki chats to us about her petite clothing range and her random snog with a "taken" celeb…

Nikki says Nick treated her badly

INTERVIEW **Karmel Doughty**

Congratulations on your new fashion range. Which celebrity would you love to see wearing it?
Emma Willis has said she will. Kate Moss and Cara Delevingne would be amazing!

You recently revealed you're the healthiest you've ever been…
I'm loving my new womanly figure. It's so nice to put on a dress and feel sexy. I'm now a 6-8 but I used to be a 2-4.

You were in the *BB* house this summer. What do you think of *CBB*?
I think it's great. The Americans are really, really going to town. Farrah's monstrous. I thought Heidi and Spencer were bad but compared to her they're a walk in the park. She's pure poison.

Would you give Farrah a piece of your mind?
I'd love to be let loose on her.

Are there any housemates you like?
I love Austin. I thought what he did for Gail, shaving his head, was lovely. I'd love him to win.

Who do you think is the most selfish housemate?
Janice. But that's what makes her such a great housemate. It's entertaining to watch her wind the others up. I really hope I get to meet her.

You seem quite similar. Is she a bigger diva than you?
[Laughs] Oh yeah, but I will definitely be that character when I'm 60.

Are you friends with anyone in the house?
I've had a couple of nights out with James and he's a lovely guy.

What do you make of Chloe-Jasmine and Stevi's relationship?
I don't think it's real and I don't know how long it will last. I'd love to find Stevi a girlfriend.

Have you got anyone in mind?
Someone like Lauren Harries.

Tell us about your split from Nick Henderson…
There was something between us but I had to call it a day because I wasn't going to get in the way of his relationship with Harry Amelia.

Was it ever serious?
I put my heart on the line for him. I met his family. I cared very deeply for him but he treated me badly.

What do you think of his relationship with Harry?
It's not genuine. At the end of the day it's his loss. I will not contact him while he's still with her.

Did you know he was still dating Harry when you hooked up?
He completely denied it. He told me she was controlling and that his management told him to stick with it.

Have you got your eye on any single celebrities?
James Hill.

Does he know you have a soft spot for him?
We've had a bit of a flirt when I've seen him out and about but that's as far as it goes.

Would you ask him out?
We'll see. I was so upset by what Nick did I'm a bit dubious.

Who was the last person you snogged?
It's really bad. He's an actor but I later found out he has a fiancée – and a kid! It was a spur of the moment snog backstage at Manchester Pride. I don't know what happened. It was a heated moment. I'm slowly losing faith in all men.

Nikki's range, Nikki for JYY, is available now from JYY.london

Nikki has a soft spot for James…

…but says Farrah is "pure poison"

'I'd love to be let loose on Farrah. She's monstrous'

PHOTOS: London News Pictures, Splashnews.com, Wenn.com

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LIVE FEARLESS

Email me at peter.andre@express.co.uk

PLANET PETE

EVERY WEEK!

Pete is being put through his paces by Janette and celebrates his parents' anniversary...

AWESOME ALBUM

I was really pleased to announce the title of my new album, *Come Fly With Me*, last week. It's obviously named after the Frank Sinatra classic, which is also the title track on the album.

Not all the songs will be swing. There will also be some original material, including a couple of funk and soul tracks. In regards to the swing songs, obviously no one can ever compare to Frank, but as long as we do it justice, I'll be happy. I feel really confident about it because of the authenticity of it. We had about 30 musicians playing on each track. My producer, Oscar-nominated Nick Southwood, has done an amazing job.

STRICTLY... KNACKERED!

I'm well and truly in rehearsals now for the *Strictly* live shows. This is not going to be a walk in the park! It's so tough but incredibly rewarding. My dance partner Janette is such a great teacher and I've discovered muscles I never knew existed! She sent me this photo of me and her fiancé Aljaz. I had to tweet it because I thought it was hilarious!

I felt so honoured when Emily's mum Becs came to the *Strictly* launch show. She works all day as a doctor so I thought it was lovely of her to travel all the way from Taunton to London. I really do love her! We only get allocated a certain amount of tickets each week, so I've got to put my family first because none of us know how long we are going to be in the competition. I'd love for Junior and Bista to come to the first live show. I know they'd love to come too.

I will apologise to everyone in advance now about my "jokes" on the show. They've asked me to throw a few in and I have, but I just cringe, ha ha.

I also want to clear up a story about Ola Jordan. A newspaper claimed she threw a strop backstage after she wasn't paired with me, but I don't believe that for a second! She's brilliant and professional and I'm sure she is extremely happy with her dance partner, Iwan Thomas. Besides, it was me who was asking after her at the start!

PHOTOS: WENN.com, Rex Shutterstock

A HAPPY ENDING

MY VIEW ON THE NEWS

I'm overjoyed for the couple who were reunited with their son, three months after he was swapped at birth at a hospital in El Salvador. British-born Richard Cushworth and his wife Mercedes Casanellas, who live in Texas, had been raising another couple's child, Jacob, as their own until a DNA test confirmed there was a zero per cent chance he was theirs.

They feared their own baby had been sold to human traffickers but, thankfully, they've got their son – Moses – back, while Jacob, the baby they were raising, has been returned to his biological parents. This must be the scariest thing to ever happen to a parent and my thoughts go out to both families. Thank goodness there's been a happy ending.

CONGRATS, MUM AND DAD

My family and I celebrated my parents' 60th wedding anniversary in Cyprus recently and it was absolutely wonderful, but also really emotional. One, because we didn't have our brother with us, and two, because it's a scary time knowing they are getting older. We pray we will celebrate their 70th together.

Ems, Amelia and I were able to go over for a couple of days and it was great to celebrate such a huge achievement. It's a day I'll never forget. As is traditional, they had a letter from the Queen to commemorate their special day – a special delivery from Buckingham Palace. That was exciting. Mum and Dad have now gone off on a cruise with the rest of the family, but sadly I couldn't go due to an awesome show called *Strictly*!

TOP TIP, THOM

Former *Strictly* star Thom Evans has advised me to be careful about losing too much weight after he lost 3st during his series. I really appreciated his advice. He's been through it before so he knows what kind of toll the show can take on your body. For me, I can lose a lot of weight through dancing, so I'm going to eat loads as the last thing I want is to become too thin.

WHEN I COULDN'T RESIST AND I DIDN'T HAVE TO.

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new! STYLE

This week's hottest fashion and beauty buys

Snap it up!

PLATFORM HEELS

OFFICE £58

Step into the wild with these animal-print platforms. With a choice of snakeskin, leopard print or a more subtle black croc finish, there's a style for everyone. We'll be wearing ours with rolled-up skinnies for a chic weekend look.

11 more pages inside

COMPILED BY: Zoë Kozlik STILL LIFE: Caroline Leeming
All fashion and beauty prices are RRP and were correct at the time of going to press

new! LIKES YOUR style!

We take a look at who's wearing it well this week

Emilia Fox

TV CHOICE AWARDS
LONDON, SEPTEMBER 7

The actress stuns in her floral Bambah Boutique dress – the skirt's bold poppy print looks fab on the 41 year old. And the ankle-grazing length is great for showing off her Nicholas Kirkwood heels.

Diane Kruger

BLACK MASS PREMIERE
VENICE FILM FESTIVAL, SEPTEMBER 4

The 39 year old looks gorgeous in her burgundy Boss dress. The bow waist and long train combined with the off-the-shoulder neckline add drama to her glam ensemble. The perfectly polished actress gets our style approval.

Daisy Lowe

GQ MEN OF THE YEAR AWARDS
LONDON, SEPTEMBER 8

The model, 26, shows off her Jessica Rabbit-style curves in this stunning velvet floor-sweeper by vintage-inspired brand The Vampire's Wife. The sultry star keeps the rest of her look simple with nude heels and a dark red lip.

Kristen Stewart

EQUALS PREMIERE
VENICE FILM FESTIVAL, SEPTEMBER 5

She's well known for her tomboy style, but recently the actress, 25, has been surprising us with her ladylike red carpet looks. Her Chanel dress and Louboutin heels combo proves the effort pays off.

WORDS: Zoë Kozlik PHOTOS: Wireimage

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Socks
Happy Socks
£8

The real deal

Jumper
Kenzo
£123.20

Shirt
Mango
£34.99

Jacket **Marks & Spencer**
£55

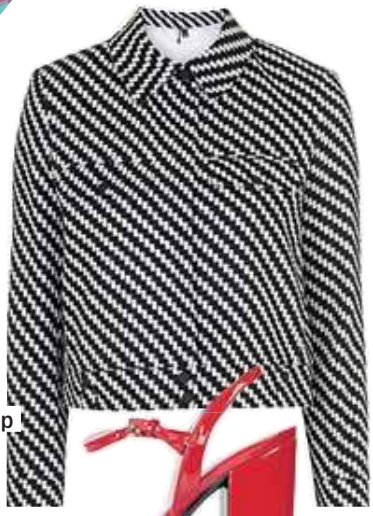
Earrings
Rock N Rose
£24

The real deal

Trousers **Marks & Spencer**
£27.50

Bumbag
ARK £12

Sandals
Public Desire
£26.99



Jacket
Topshop
£58

Heels
Topshop
£52

The real deal

Bag
Moschino
£325

CHARLI XCX

Charli offers a new take on tailoring. Go for bold suits over crisp white shirts and team with novelty accessories and designer pieces.

ATCH

We all have our celeb style crushes, but these new kids on the block are offering some fresh ideas. Here's how to steal their look…

Sunglasses **Topshop** £14

Hat **Catarzi at asos** £35

Necklace **New Look** £3.99

Trainers **River Island** £38

The real deal

Waistcoat **Rebecca Minkoff** £128

The real deal

Shorts **Rebecca Minkoff** £83

Trainers **Adidas** £77

The real deal

T-shirt **Topman** £10

Backpack **Eastpak** £120

Top **Soul Star (menswear)** £14.99

RUBY ROSE

The *Orange Is The New Black* actress has caught our eye with her urban androgynous style. Trainers are key for this look, and don't be afraid to borrow clothes from your man, too.

Backpack **asos** £40

Jeans **New Look** £24.99

Trainers **Nike** £95

The real deal

MAISIE WILLIAMS

The *Game Of Thrones* star works ladylike sophistication like a true pro. Copy her wardrobe of chunky lace dresses and granny-chic separates.

Skirt **River Island** £25

Bag **Aldo** £35

Skirt **Three Floor** £125

The real deal

Dress **Self Portrait** £200

Necklace **asos** £18

Heels **Carvela at Kurt Geiger** £110

Heels **Dune** £39

Skirt **Topshop** £60

The real deal

Dress **Self Portrait** £240

Heels **asos** £25

Dress **Chi Chi London** £64.99

COMPILED BY: Zoë Kozlik PHOTOS: Alpha Press, GC Images, Getty Images, Landmark Media, Famous, Flynet, Splash News, WENN, Wireimage
STOCKISTS: Adidas.co.uk, Aldoshoes.com, Ark.co.uk, Chichiclothing.com, Coggles.com, Dunelondon.com, Eastpak.com, Goddiva.co.uk, Happysocks.com,

Dress **Goddiva** £40

Belt **Benetton at Zalando** £20

T-shirt **Petit Bateau** £47

Heels **Michael Kors at The Outnet** £87.75

Skirt **Monsoon** £59

Heels **Topshop** £58

Bangle **& Other Stories** £17

Top **Pretty Little Thing** £10

Clutch **Parfois at Debenhams** £24.99

Culottes **Cameo at Coggles** £105

Dress **River Island** £120

EMILY RATAJKOWSKI

Heels **Office** £65

Grown-up glamour with a sexy edge is model Emily's go-to look. Choose feminine pieces that show off your body and keep accessories simple.

Clutch **Missguided** £20

Kenzo.com, Kurtgeiger.com, Missguided.co.uk, Monsoon.co.uk, Moschino.com, Nike.com, Petit-bateau.co.uk, Prettylittlething.com, Publicdesire.co.uk, Rebeccaminkoff.com, Rocknrose.co.uk, Self-portrait-studio.com, Soulstarclothing.com, Stories.com, Theoutnet.com, Threefloorfashion.com, Zalando.co.uk

TEXAS RANGER

Take a walk on the Wild West side in cowboy heels, feathers and embossed silver accessories

1 Shirt **Rokit** £45
2 Feathered hair band **Topshop** £8.50
3 Bag **Primark** £8
4 Necklace **New Look** £29.99
5 Belt **Boohoo** £12
6 Belt **Boohoo** £8
7 Shoes **Zara** £69.99
8 Phone pouch **asos** £12

COMPILED BY: Gillian Scholes STILL LIFE: Caroline Leeming STOCKISTS: Shop a selection of western-style shirts from Rokit.co.uk

Love it? Get it!

Add some celebrity style to your wardrobe

COAT AND SKIRT

PIXIE LOTT

The singer looks chic in an all-black ensemble. The skirt, **£49.50**, and coat, **£139**, are both from **Marks & Spencer**.

T-SHIRT

KYLIE JENNER

The reality star pays homage to Mr Lagerfeld in her slogan **ElevenParis** tee from **Truffle Shuffle**, **£39.99**.

BACKPACK

LOUISE THOMPSON

MIC's Louise shows off her cute pastel-pink backpack, **£21.99**, from **LAMODA**.

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COMPILED BY: Jodie Spragg PHOTOS: Xposurephotos.com STOCKISTS: Lamoda.co.uk, Truffleshuffle.com

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Find all the essentials for your bundle of joy at **Littlewoods.com**

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If you're looking for inspiration to create the nursery of your dreams you'll find a ton of inspiration, from classic to contemporary, to suit all budgets. Or if your little one is making the exciting step to move from cot to bed, Littlewoods.com offers a variety to choose from as well as a guide on how to pick the right one.

The best part is everything comes with free standard delivery and returns too. Not only that but now you can even spread the cost with their wide range of payment options, meaning shopping for your family has never been easier.

So what are you waiting for? Visit the Baby and Toddler event at **Littlewoods.com/baby-and-toddler** now to view the full range.

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Mothercare Owls Bouncer, £48
Item number: 6FG64

Chicco Pocket Lunch Highchair, £50
Item number: 4VYC3

Canon Legria HF R606 Camcorder FHD SD/SDHC/ SDXC – Black, £289
Item number: 649CT
2 year extra service guarantee £23.99

In The Night Garden Ninky Nonk Train and Track Set, £23.25
Item number: 6KAPX

Recaro Priva Group 0+ Car Seat – Pink, £172
Item number: 4VPVT

Mothercare Bath Set, £39
Item number: 6HCKT

Mamas & Papas Ellis Shoulder Changing Bag, £59
Item number: 646CH

Mamas & Papas Robot Sleepsuits (3 pack), £28
Item number: 63VEF

In The Night Garden: Goodnight Igglepiggle – Paperback Book, £9
Item number: 6FTVQ

Mamas & Papas Florence Set (3-piece), £1,249
Item number: 4HCN6

Chicco Next To Me Crib, £189
Item number: 43HDL

Star interiors

Transform your home with the new home collection by Fearne Cotton at Very.co.uk, sponsors of *Through the Keyhole*

IF YOU'RE THINKING ABOUT GIVING YOUR HOME A SEASONAL MAKEOVER THEN THERE'S NEVER BEEN A BETTER TIME TO DO IT, thanks to the gorgeous new collection by Fearne Cotton for Very.co.uk. Our favourite presenter has designed a range of fabulous furniture and accessories, perfect for adding star style to your living space.

We love the idea of combining interior trends within the living room to add a contemporary twist. The Leopard 2-Seater sofa is guaranteed to make a statement and show off your wild side while the elegance of the Aruba Easy Fit Pendant and Lucia Table Lamp adds a softer, glamorous touch.

Add a striking feature on your wall with the warmly opulent set of 2 Layla Mirrors. Inspired by Art Deco, these will open up your room and increase light for a brighter feel.

If you're still in need of a little inspiration on how to add some star style to your home, then don't miss Through the Keyhole, sponsored by Very.co.uk. Each week sees the hilarious Keith Lemon rummage through the house of three celebs while a panel of famous faces try to guess 'who lives in a house like this'.

So head online to Very.co.uk to shop Fearne's exclusive interiors range and find everything you need to transform your home this season.

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Fearne Cotton Layla Set of 2 Mirrors, £89

Fearne Cotton Snow Leopard 2-Seater Sofa, £399

Fearne Cotton Aruba Easy Fit Pendant – White, £49

Through the Keyhole

Fearne Cotton Aruba Easy Fit Pendant – White, £49; Fearne Cotton Layla Set of 2 Mirrors, £89; Fearne Cotton Lucia Table Lamp, £55; Fearne Cotton Snow Leopard 2-Seater Sofa, £399; Fearne Cotton Coco Crochet Pouffe, £49; Fearne Cotton Alexis 3-Seater Fabric Sofa, £499

Fearne Cotton Lucia Table Lamp, £55

Fearne Cotton Erin Oval Frames (2 Pack), £22

Fearne Cotton Alexis 3-Seater Fabric Sofa, £499

very

VERY.CO.UK

Tie the knot

It's time to fall in love with the ever-so-romantic pussy-bow blouse once again…

La Redoute
Blouse **£59**
Trousers **£79**

M&S
£9.50

Joy
£39

Oasis
£38

Primark
£8

Giles Deacon at Debenhams
£45

Wear with…

Bag **New Look** **£19.99**
Dress **Topshop** **£39**
Boots **Zara** **£69.99**

COMPILED BY: Gillian Scholes STOCKISTS: Laredoute.com, Joythestore.com

Acting fashion editor Sarah Loving's top 5 style buys of the week

HOT LIST

1

It doesn't get much cooler than the **asos White** collection, and when we saw its latest pieces we swooned! Not only are we loving the pink quilted jacket, **£85**, we're also eyeing up the cashmere polo neck, **£95**, and wool trousers, **£65**. It's all about luxe fabrics in a chic, minimalist style. But be warned – once you start browsing, you won't be able to stop!

2

We love **Wallis'** latest range of boots. This grey leather pair, **£75**, are our fave.

EDITOR'S PICK

3

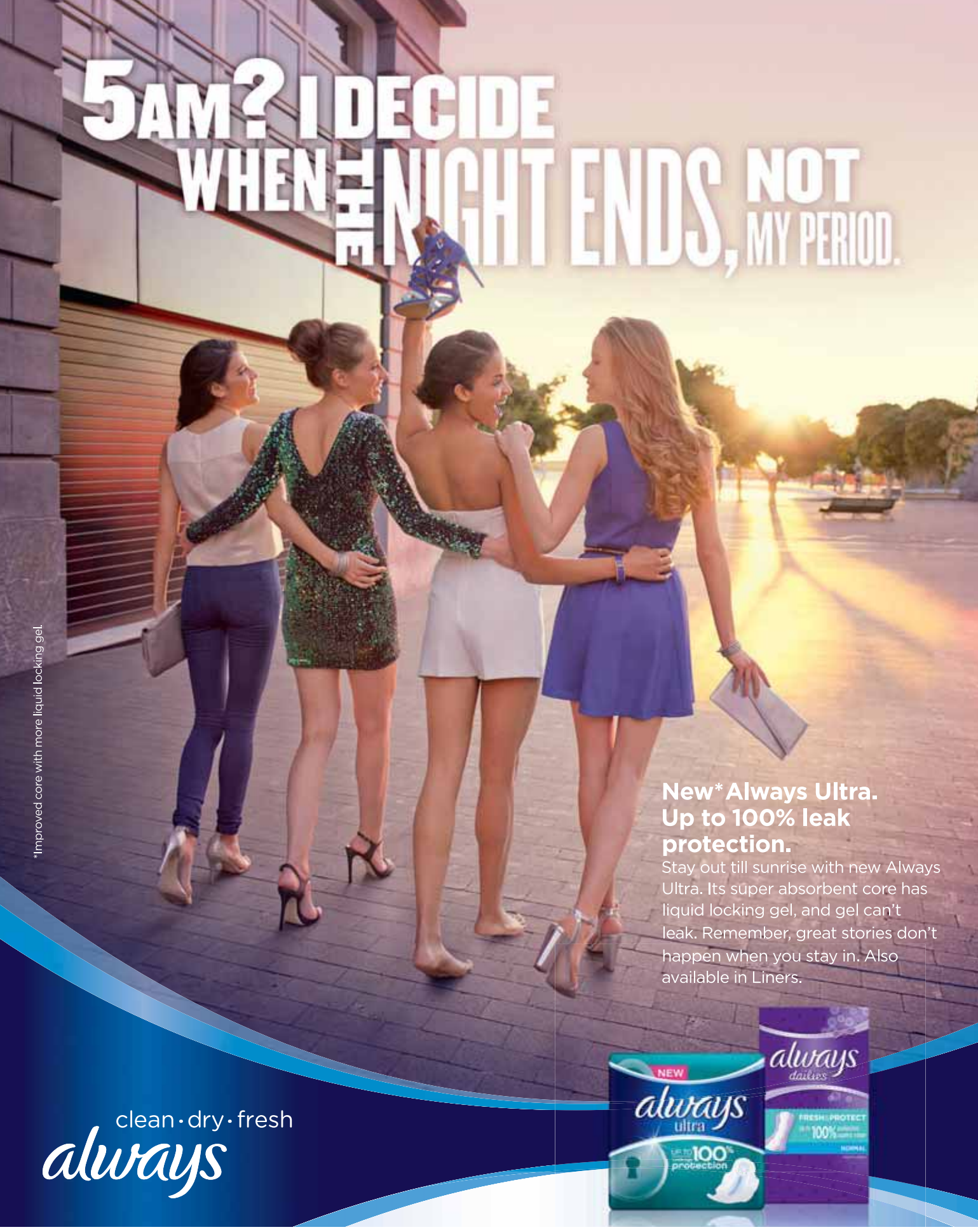
Earrings **Oliver Bonas** **£22**

4

See out the last days of summer in this little blue dress, **£59.99** from **Mango**…

5

…and throw on this comfy knit, **£34.99** from **H&M**, for the cooler evenings. It will look equally as stylish with a pair of skinnies and brogues.



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Stormy looks

Match your nails to the weather

Burberry Nail Polish in Dark Trench **£15**

Deborah Lippmann Nail Colour in Desert Moon **£16**

Nailberry L'Oxygéné Nail Lacquer in Stone **£14.50**

Autograph at M&S All In One Nail Polish in Cashmere **£6**

Lottie London Nail Lacquer in Dream Weaver **£5.99**

Deborah Lippmann Nail Colour in Stormy Weather **£16**

Ciaté Paint Pot in Chinchilla **£9**

COMPILED BY: Madeline Crisp STILL LIFE: David Holbrook STOCKISTS: Ciatelondon.com, Deborah Lippmann at Beautyexpert.com, Lottie London at Superdrug.com, Marksandspencer.com, Nailberry.co.uk, Uk.burberry.com

L'Occitane Immortelle Divine Eyes **£49**
"In your early thirties you start to focus more on anti-ageing products. My make-up artist recommended this and I saw a difference in a matter of weeks. It sits perfectly under make-up too."

Alterna The Science Of Ten Perfect Blend Masque **£54.95**
"My hair feels like silk after using this and it has definitely made it stronger. I always use this before a special event."

Origins Original Skin Renewal Serum **£32**
"Because I wear a lot of make-up for work, my skin can sometimes look tired and washed out. So I like to let it breathe when I can and this brings it back to life after a tough week on set."

What's in your beauty bag?

CATHERINE TYLDESLEY

The *Corrie* star on what gets her gorgeous

Soap & Glory The Fill Monty Instant Wrinkle Filler **£10**
"If like me you're too scared of invasive anti-ageing treatments, this cheeky little number is a godsend! I use it under my make-up on any fine little lines that I have. It feels smooth and not too thick."

Benefit High Beam **£19.50**
"An absolute must for nights out! It gives a wonderfully healthy glow while highlighting my cheekbones and collarbones."

Cloud Nine The Waving Wand **£99.95**
"I love bouncy, loose curls but I'm always in a rush, so this large wand is perfect for quick-fix glamour without damaging my hair."

WE TRIED: ILLAMASQUA SCHOOL OF MAKE-UP

Fashion intern Stephanie Sofokleous tried a professional cosmetics course

"As I'm quite reluctant to experiment with make-up and lack knowledge of the basics, I chose the Night-Time Diva Course so I could master a glamorous face. I was in a small group with a tutor who first demonstrated each step of the look on us before we copied it. In just two hours I learned how to apply a full face expertly and gained lots of tips and tricks. I left afterwards looking super glam – and I got to keep the false eyelashes they gave me!"

■ *Two-hour courses start from £60, with 20 per cent off purchased products. For details go to Illamasqua.com*

COMPILED BY: Madeline Crisp. PHOTOS: Getty Images. STOCKISTS: Alterna at Lookfantastic.com, Benefit, Origins and Soap & Glory at Boots.com, Cloudninehair.com, L'Occitane at Marksandspencer.com

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With 2400 points you'll go up to Platinum with a decrease in premium dependent on original policy and £100 annual cashback.

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EVERY WEEK!

Vicky

The reality star laps up the sunshine with her fella in Bulgaria while telling us all about her "floppy arms"

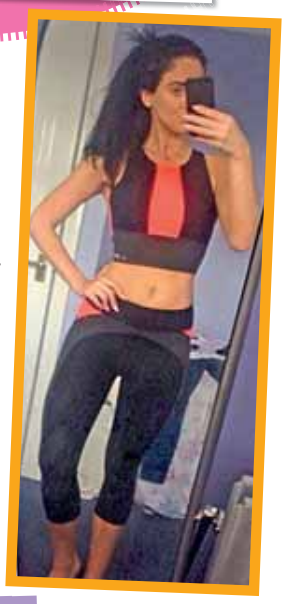
SEX ON THE BEACH!

This week I'm writing my column while sipping a Sex on the Beach cocktail in Bulgaria! I'm here to do a PA at a nightclub in Sunny Beach, but I've extended the trip over four days so Stephen and I can make the most of the warm weather before heading back to freezing cold England.

I met my *Ex On The Beach* co-star Cami Li for lunch the day before I flew... the next thing I know, it's midnight and I'm mortal – and I had to leave for the airport at 2am. We flew at 6am, so I'd been up for 24 hours and I started to get my hangover on the flight.

I felt like a total bag of piss, so Stephen and I are going to make the most of our mini break!

ON A HEALTH KICK



I've been trying to be healthy recently, but I've had a few big nights out for my sister's birthday, girls' weekends and been to lots of boozy events, so it hasn't really happened. It's difficult to avoid alcohol at the minute so I've joined a gym in Essex near Stephen's. So far I've been to spinning classes and I'm planning on using the pool. Having the option to train down south as well as up north is going to help a lot. I've not put any weight on, but I feel like parts of my body, like my arms, are getting a bit floppy and puffy. I feel like everywhere is covered in a layer of wine. I need to solve this, pronto!

Pally with Patsy

Last week my mate Cami Li was pictured sitting on the lap of her former *Celebrity Big Brother* housemate, Patsy Kensit – and they were even snapped having a cheeky kiss. Cami keeps in touch with a few people from *CBB*. She's been telling me she absolutely loves Patsy and that she's dying to meet me. Patsy is hilarious when she's had a glass of wine, so I think we'd get on like a house on fire.

Everyone sees Cami as a nutcase and hard to be around, but it couldn't be further from the truth. She is feisty and people assume she's a bitch, but she's really not. Staying in touch with her friends from reality shows proves that!

Still BFFS!

I read that Charlotte Crosby said of us, "Everybody has a breaking point and, unless Vicky starts biting her tongue in public, we're going to clash." I'm a little bit shocked at that! I feel like we're good friends and there's never any animosity between us. Maybe it's been taken out of context – or maybe it hasn't? I wouldn't retaliate anyway. I really love her and don't have a bad word to say about her.

I've spoken to Charlotte about her hooking up with Max Morley from *Love Island* and she seems a pretty smitten kitten. From what she's told me, it's very casual, but they're enjoying spending time together. There's definitely something there!

PHOTOS: INFphoto.com, Matrixpictures.co.uk

FIFTY SHADES OF... UNIVERSITY CHALLENGE

University Challenge contestant Kaamil Shah sent Twitter into overdrive last week when he appeared on the show wearing a pleather vest and metal chain. I'm a big fan of expressing yourself through your clothes and fashion – I think you should totally embrace who you are! But I also think there are times and places for pleather vests – a *Fifty Shades Of Grey*-themed party, for example. *University Challenge* is not that place, so get a cardigan you attention-seeking tw*t.

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‘Seeing children’s haunted faces, it’s hard not to cry’

Aid worker Fran Charles tells new! that images of the catastrophic Syrian migrant crisis are just a glimpse into the devastating suffering she’s seeing every day…

Fran is devoted to finding peace

Heartbreaking images of the Syrian refugee crisis have sent shock waves around the world in recent weeks, as thousands of families flee violence and make desperate attempts to reach safety in Europe.

Many are dying in the process and the image of little Aylan Kurdi, the three-year-old Syrian boy washed up on a Turkish beach two weeks ago, seemed to give European leaders a much-needed wake-up call.

Laith Majid, pictured tearfully clutching his children as he arrived in Kos, later found sanctuary in Germany, where a staggering 800,000 migrants are expected to seek asylum. Meanwhile, David Cameron’s announcement that the UK will take 20,000 Syrian refugees over the next five years was met with disdain.

Advocacy director for World Vision’s Syria Response, Fran Charles, 28, from London, is in neighbouring Jordan. Here, she tells **new!** how she’s seeing the hardship first-hand...

PHOTOS: Camera Press, Jon Warren/World Vision, New York Times/Redux/eyevine

This picture of Laith went viral...

...his family have now settled in Germany

“Looking down at the Syrian girl’s tear-filled eyes, I knew the image would never leave me. I was used to children seeing the world as a carefree place full of excitement, but for those I’m helping in the refugee camps around Syria, their expressions seem to say, “The world has taught me that my family gets killed, my house gets blown up and I have to run for my life.”

As a humanitarian aid worker dealing with the refugee crisis, this is the reality I see every day – and it’s getting worse.

When I volunteered in Uganda before going to university, I lived in a remote village with no electricity. I met child soldiers and severely injured kids who’d witnessed things no child should ever see – all because of war. I realised there was no point doing anything else with my life, so after taking an MSc in international public policy, I found a job with international children’s charity World Vision.

The scale of what’s happening in Syria made me feel like I needed to be there, so in February, after four years in Africa, I came to Amman, Jordan, around 55 miles from the Syrian border. I felt excited, but scared. The human suffering was overwhelming and because of the seriousness of the situation, they expected me to hit the ground running.

A normal day might start in the local office, catching up with staff, then I’ll go to one of the refugee camps to find out how our programme is working. The camps are huge and World Vision has helped over a million people in Lebanon alone. I spend as much time as possible talking to families, working out what could help them and then how to get those changes made.

In Lebanon, I could hear and see the bombing over the border. It was so terrifying and surreal – you almost don’t understand it until after it’s finished.

I’m on call 24/7 and the concept of a normal week doesn’t really apply. I always have my phone with me and I’ll wear my ID badge and a World Vision jacket or T-shirt so people know who I am. Because I’m working in conservative countries, I don’t show too much skin.

DESTROYED LIVES

Seeing how this crisis has destroyed people’s lives is heartbreaking. Every child is traumatised from witnessing relatives killed in bomb attacks, or seeing their towns destroyed. It’s noticeable from the second you walk into a camp. For the last five years, a whole generation of children has known nothing but war.

In the camps, there’s nowhere to play and no schools, and children see their parents agonise over whether they’ll even eat that day. They are desolate places, where people live in tents in the midst of dust and

Many children are among the 12 million people in humanitarian need in Syria

Having arrived in Hungary, migrants make their way on foot to Austria

'KIDS ARE SO TRAUMATISED BY WAR THEY DON'T KNOW HOW TO PLAY'

sandstorms. Water and food, such as plain rice, lentils and beans, are rationed and people share showers and toilets. The kids fashion makeshift toys out of plastic bottles and string. We've created child-friendly spaces to give them an opportunity to play and to have some non-formal education.

But this crisis impacts every age. I've had bright teenagers tell me, "I was one year away from becoming a doctor. Now I have no idea what will happen to me." They don't have ID documents, never mind books. Many fled with just the clothes on their backs.

Once, I visited a community project in Erbil, Iraq, which received a donation of toys. The kids were so scarred, traumatised and angry, they didn't even know how to play any more. They came in and fought, and actually destroyed every single toy.

Months later I visited again, after the kids had worked with counsellors on how to share and interact, and they were playing normally with the toys. The change was remarkable and that's what makes my job so worthwhile.

I'm lucky to have great friends, so if I've had a tough week in the field, I can talk to people who've been through the same things. I have accommodation in Amman, but elsewhere I might stay in a compound or team house. Lots of NGO and UN staff socialise together, often in people's houses. In Amman there are restaurants and cafés, but lots of places I've lived aren't safe or there isn't anywhere to go.

When you work in stressful "hardship postings", you get R&R – rest and recuperation – every few months. I took a holiday to Thailand after six busy months, but it always takes a few days to adjust. I've found myself lying on a beach, twitching and checking my phone constantly. And it feels strange to walk out of your house and remember you're not in a war zone. Every time I leave a refugee camp, I feel guilty that I live in relative safety and comfort.

A GLIMPSE OF HORROR

What you're seeing on the news now is a glimpse of what I'm seeing every day. There's frighteningly little access to medical help and I met one woman who'd just had a baby who was tiny and premature. The whole family was excited, but my colleagues and I looked at each other and knew instantly the baby wouldn't make it. Sure enough, I later heard the baby had died.

Right now we feel like saying to the world, "Did you really not know it was this bad? Has it taken children washing up on beaches to understand the scale of this crisis?"

People have been fleeing Syria for years, but it's only now the border countries are so low on resources that people are forced to go further afield. Four years ago, there were 1 million people in humanitarian need in Syria – now there are 12 million. Recent months have seen the most civilian deaths, but this is just the start of what the refugee flow into Europe and the rest of the world will look like.

To resolve the situation, firstly we need to find peace, but there are 1,200 armed groups, so getting people to negotiate is complicated. Secondly, we need cash so we can offer a better response in neighbouring countries. Thirdly, everyone in the world has the right to seek asylum, so if someone comes to your doorstep seeking your support, you need to welcome them.

I have to hold it together when I'm in the field, but sometimes I burst into tears after work. It's normal, though. If you lose your compassion, the job's no longer for you. I do have access to support, but everyone normally toughs it out by chatting to colleagues.

My family supports me, but when I told them I was going from Congo to Syria, my dad said, "Out of the frying pan into the fire!"

They've made their peace with my job and my two sisters even came to visit me in Jordan recently. I always try to get home to see them all at Christmas.

It's tricky to maintain relationships when you're an aid worker as you never know where you'll be, or for how long, and you're often in places not many people would choose to live. But people make it work.

In an ideal world, I wouldn't have a job in this region as there wouldn't be refugee camps. But I plan to stay for a while longer. I love my job, it's hugely fulfilling. Lots of people have lost faith in ever finding peace here, but I still have hope. If we stop believing we'll find peace, we'll never achieve it."

CAROLINE BENJAMIN

HOW YOU CAN HELP

- Donate to World Vision's Syria appeal at Worldvision.org.uk
- Charities are raising money and encouraging people to donate clothes, toiletries and camping equipment. Visit Facebook.com/joincalaid or Crowdfunding.justgiving.com/kentforcalais
- Sign the petition for Britain to accept more asylum seekers. Visit Petition.parliament.uk/petitions/105991

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Alex Gerrard

MY DIET SECRETS

The WAG and mum of three, 32, tells us about her healthy LA lifestyle and admits she doesn't like her belly...

HEIGHT: 5FT 9INS
WEIGHT: 9ST 2LBS
SIZE: 8-10

How do you maintain your fab figure?
Ah, thank you. I go to the gym and work out with a personal trainer four times a week.

What exercises do you normally do?
I run, do a bit of boxing, agility training and weights.

Are you someone who puts on weight easily?
I'm quite lucky. When I don't train I feel horrible, but my weight doesn't really change that much.

Which celebrity's body do you most admire?
Rosie Huntington-Whiteley's. She's got such a great figure.

What is your favourite part of your body?
Oh God, I don't think I've got one! I'd probably say my legs because they're nice and long.

And your least favourite part?
I'd have to say my stomach. It's where I feel flabby if I haven't eaten well or if I haven't trained.

You eat healthily, but do you allow yourself treat days?
Yeah, mainly at the weekends. I basically eat what I want!

Have you tried many fad diets over the years?
Not really. I've done a bit of juicing, but I find it hard not to eat!

Are you more body-conscious now you've moved to LA?
Everyone over here seems to look after themselves a bit better than back home and most people are really healthy. But it's a lot easier over here, too. It was part of the lifestyle I was looking forward to.

Will we catch you working out on Muscle Beach?
Oh, I don't think so [laughs].

Alex Gerrard is an ambassador for liquid iron supplement Spatone Apple. Available in Boots and Holland & Barrett, £10.75 for 28 sachets. For more information visit Spatone.com

My food diary

BREAKFAST

"At the moment I'm breakfasting on protein pancakes made with cottage cheese, rolled oats, cinnamon and eggs. Today I had one with blueberries and coconut yoghurt. I also have a coffee with Coffee-mate. I love it!"

NUTRITION CONSULTANT IAN MARBER SAYS, "I like these pancakes, and protein at breakfast helps manage appetite and energy levels. Oats add carbs and fibre too, so it's a balanced meal. Real milk might be preferable to powdered."

LUNCH

"I had a tandoori prawn salad with rocket and watercress. I added some olive oil and lemon juice."

IAN SAYS, "Prawns offer protein and are relatively low in fat, although they do contain some cholesterol. Bitter leaves contain glucosinolates that help fight cancer, so this is a healthy lunch overall."

SNACKS

"If I don't have anything between meals I will feel hungry, so I fill up on fruit. At the moment I love mango."

IAN SAYS, "Alex should have a palmful of walnuts with her fruit snack for added protein and fibre, and to help boost energy levels."

DINNER

"I had sweet potato with salmon and roasted vegetables. I also had a couple of pieces of milk chocolate with a cup of tea."

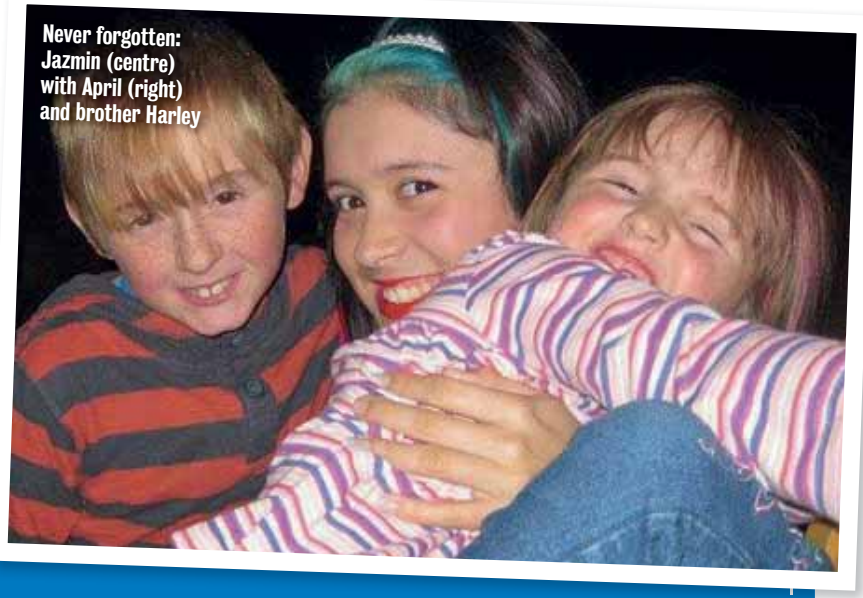
IAN SAYS, "Salmon is rich in omega-3 fats, good for the skin and heart, and sweet potato offers good carbs and vitamin C. Milk chocolate is high in sugar, but might be a better choice than very dark choc last thing at night as the latter contains caffeine which can interrupt sleep."

Follow Ian Marber on Twitter @IanMarber

WORDS: Karmel Doughty PHOTOS: Film Magic, Getty Images

‘April will always be a part of our family’

Jazmin Jones tells new! that the tragic murder of her five-year-old sister is something her family is living with every day…


Never forgotten: Jazmin (centre) with April (right) and brother Harley

When little April Jones was abducted from near her home in October 2012, the police search was the biggest the country had ever seen. Yet, tragically, five-year-old April never returned. As the stomach-churning truth unfolded, some of her remains were recovered from the house of local man Mark Bridger, who was eventually charged with April’s abduction and murder.

Three years on, her older sister Jazmin, 19, a barmaid from Machynlleth, Powys, tells **new!** how April may be gone, but she’ll never be forgotten...

On the day of my little sister’s funeral, I remember seeing her coffin and bursting into tears. It was tiny and pretty – covered in flowers and inside a beautiful horse-drawn carriage – and I couldn’t help but think April would have loved it.

She’d been gone for a year by then, having been brutally murdered by a local man I’d said hello to when I passed him in the street. But my grief was as raw as ever and I wondered if it would ever fade.

I was 12 when my sister was born. My parents, Coral, 43, and Paul, 47, couldn’t decide what to call her. “What about naming her April, after the month she was born?” I suggested. They loved the idea.

April was adorable. As a result of being seven weeks premature, she had mild cerebral palsy, a condition that affects limb movement, but she never let it slow her down. As she grew, she whizzed around on her bike with her friends and our brother Harley, now 13.

April and I shared a bedroom and she painted her half bright pink, her favourite colour. She was a bubbly, smiley little girl who wanted to be involved in everything. Of course, it was annoying sometimes, but when April’s little head peeked over my laptop screen, I couldn’t help but smile.

We lived on a small estate where the kids would play outside together, safe in the cocoon of houses that all faced towards each other.

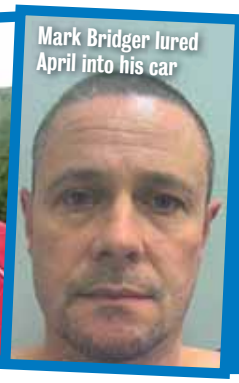
The day April disappeared – October 1, 2012 – was a normal Monday. She and Harley had been to school and I’d been to college. That evening, we went to the leisure centre for April’s swimming lesson. After that, my family went home and April was allowed to play outside.

Meanwhile, I headed to the local youth club. At 7.30pm I was chatting with a friend when my mum called sounding frantic. “She’s gone!” she cried. “April’s been taken!”

It took me a few seconds to make sense of what I was hearing. Then I immediately ran home.

“This isn’t real,” I told myself as I sprinted through the misty rain.

Little April knew her murderer


Mark Bridger lured April into his car

‘BRIDGER WAS LOCAL – SOMEONE I’D SAY HI TO. I WAS NUMB WITH SHOCK’

But by the time I got home, I was hysterical. Dad was talking to a police officer and there were people milling around. Mum was out looking for April. It suddenly dawned on me – my sister really was missing.

“She’ll be at a friend’s,” I insisted, and went to knock on doors. But everyone said the same thing – “She’s not here.”

By then night had fallen and people were out with torches checking alleyways and garages. I couldn’t bear to do nothing, so I ended up back at the youth club, printing out missing posters to put on lampposts. All I kept thinking was, “We have to find her.”

The police search that was unfolding around us was the largest in history and 200 residents helped scour the Cambrian Mountains around our home, looking for my sister. I remember being furious when officers searched our house. “She isn’t here!” I yelled. “Go and do something useful”

That night, Dad just about held it

PHOTOS: Expressspictures.com, Rex Shutterstock, The Sun/News Syndication

Jazmin says she and her family think of April every day

Family and friends wore pink to April's funeral

together, but my poor mum couldn't stop crying. Friends looked after Harley and I got it in my head that I couldn't cry. "I have to be strong for everyone else," I told myself.

It felt as if time was passing quickly, but also that things were happening in slow motion. I barely slept.

HUMAN BONES

I couldn't bear to be around the police so the next day I got up early and went to a friend's. It was there that I saw a photo of Mark Bridger on the news. Apparently he was a "person of interest" for the police.

"I know him, he's local," I gasped. I recognised him as someone I'd say hi to in passing. I only realised later that I'd ignored him when he'd tried to add me as a friend on Facebook a few years before, claiming he was a friend of my dad's.

Mum bravely appeared at the press conference in tears, while the search continued. But soon Mark Bridger was arrested after forensic investigators searched his home and found April's blood.

His fire had been burning and there were traces of human bones in the ashes in the hearth.

I was numb with shock. He had six kids of his own. When I realised my sister was never coming home, it felt like my heart had shattered in my chest.

A week after April disappeared I went back to college in a desperate attempt to maintain some normality. Dad went out walking with the dogs a lot, but some days Mum couldn't get out of bed. I remember Harley's blood-curdling scream when he was told April wasn't coming home. He seemed so lost after our little sister disappeared. Some days I felt OK, then the grief would hit me anew.

In the spring of 2013 Bridger stood trial at Mold Crown Court. I wasn't allowed to hear the evidence, but it emerged the former slaughterhouse worker – a drifter with a string of broken relationships behind him – had 400 images of child abuse on his computer and had been looking up horrific child murders.

Forensic evidence showed traces of April's blood throughout his cottage and it was revealed that one of April's friends had witnessed her getting into his Land Rover. Bridger claimed he'd accidentally knocked April over with his car and "forgot" what he did with her body.

Experts believe Bridger murdered April in his home and disposed of her remains in his fire and in the surrounding area.

GUILTY

I was in court in May when Bridger was found guilty of abducting and murdering April and of disposing of, concealing or destroying her body.

I wanted him to look over and see what he'd done to our family, but he didn't. I was so angry at him. He was given a whole life sentence, meaning he'll never be released. I felt relief that we'd got the best justice we could hope for. Since then I've tried not to think about him too much.

Almost a year after April vanished, her funeral took place and we all wore pink. When I saw the coffin, I couldn't believe how small it was.

Although friends and relatives struggled to go into the bedroom April and I shared, strangely I found it a comfort. After we finally redecorated, I kept some of April's teddies and colouring books.

For a long time I wanted to forget it all. I saw crying as a sign of weakness and refused to go to April's grave. Eventually I had counselling to help me through the trauma, but nothing can dull the pain of losing someone you love in such a brutal way.

These days there are family photos all over our home and I know we all think about April every day. My parents have campaigned for tougher sentences for those who abuse children. They want to do all they can to keep other kids safe.

A year ago I had a tattoo done – April's name in her own writing and a sunflower – so now my sister's with me all the time. Sometimes I have a split second when I wake up and everything feels normal. But then I remember April isn't in her bed.

Now, when I see kids play outside, I can't helping thinking April should be there too. I'm thankful that when I said goodbye to my baby sister on that fateful day, the last words I said were, "I love you." I just wish I could say them to her once more."

CAROLINE BENJAMIN

The new series of Crimes That Shook Britain begins on Sun, Sept 20 at 9pm on Cl. Episode 2, which tells the story of April Jones, is on Sun, Sept 27 at 9pm

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new! Food Celebrity bites

MICHELLE HEATON

The 36-year-old Liberty X singer and mum of two says her hubby Hugh Hanley can rustle up a mean Mexican dish and reminisces about her *Come Dine With Me* disaster...

Does any particular food bring back a good or bad memory for you?
Yes, I had a bad experience with a chicken sandwich once.

Oh dear! What happened?
I don't know whether it was the chicken or something else, but it just did not go down well and I had food poisoning for a good day and a bit. So that's not a very nice memory.

On a more positive note, what would Hugh cook to impress you?
He likes making fajitas – that's his go-to dish.

Fajitas are Hugh's speciality

Michelle loves a lychee Martini

Have you had any cooking disasters?
Plenty! I did *Celebrity Come Dine With Me* and it was a nightmare. I didn't realise that with chocolate fondue you have to melt the chocolate first – really! I just stuck chocolate in a tray and put the heater under it, but the heater is what keeps it liquid *after* you've melted it. So we sat there for an hour waiting for it to melt!

What's your favourite tipple?
Lychee Martini – hands down! But they're very sugary, so after a few I'll go straight on to vodka and sparkling water.

Are you a sweet or savoury girl?
Savoury all the way! If, for the rest of my life, I could eat cheese, French bread and red wine, I would.

Michelle is working with leading toy manufacturer HTI to launch the Mamas & Papas Armadillo Junior Dolls Pushchair, which allows children to enjoy hours of role-play fun. It's available from Argos

Give it a swirl

We don't need an excuse to try a new flavour of Ben & Jerry's ice cream, but when it's for a good cause we're even keener! Save Our Swirled (£4.99 for a 500ml tub) marks the brand's support for working towards 100 per cent clean energy by 2050. The mix of raspberry ice cream, marshmallow, blackberry and raspberry swirls, and chocolate chunks is delicious!

RECIPE OF THE WEEK
SERVES 4

Buccaneer turkey

Keep that end-of-summer vibe alive with this feel-good Jamaican-style recipe!

INGREDIENTS

4 turkey wings
1 habanero chilli, very finely chopped
Juice of 4 limes
1 tbsp sunflower oil
1 tbsp white vinegar
1 pinch ground cloves
Salt and freshly ground black pepper
1 piece of sugar cane (with its skin on), about 90cm/3ft long, cut into two or three to fit the barbecue

METHOD

- Make two cuts on each turkey wing and marinate in the fridge overnight with the chilli, lime juice, oil, vinegar, cloves, salt and pepper.
- Light your barbecue charcoal and wait until the embers are white-hot.
- Put the sugar cane on the barbecue – it will produce thick smoke. Place the wings right where the smoke is thickest and cover them with foil or a stainless steel bowl. Grill for 45-50 minutes.
- Alternatively, if you don't have a barbecue, simply cook the wings in a preheated oven at 220°C/425°F/gas mark 7 for 45-50 minutes. They won't have the smoky flavour, but the marinade will do the trick.

TIP: If you're not a turkey fan, replace with a whole chicken cut into four joints.

To order *Creole Kitchen: Sunshine Flavours From The Caribbean* by Vanessa Bolosier (Pavilion, £25), call the Express Bookshop on 01872 562310 with your credit/debit card details. Alternatively, send a cheque or postal order made payable to The Express Bookshop to: Creole Kitchen Offer, PO Box 200, Falmouth, Cornwall TR11 4WJ, or order online at expressbookshop.com. UK delivery is free.

FOODIE FORTNIGHT!

A study earlier this year showed home-grown grub is actually better for us than imported varieties. British Food Fortnight (September 19-October 4) will throw a welcome spotlight on all our lovely UK-grown produce. Support our suppliers by heading down to your local butchers and markets, seeking out food in season like English plums, marrows and squashes, or even have a go at growing your own veg! Visit Lovebritishfood.co.uk for tips and inspiration.

WORDS: Olivia Adams PHOTOS: Getty Images, Wireimage

Star spas

In need of pampering? Here's where to go to experience A-list indulgence…

KEMPINSKI PALACE, PORTOROZ

A visit to the nearby town of Piran is a must

Experience the hotel's historic and modern sides

THE HOTEL: Leonardo DiCaprio is among the famous guests to have graced this grand hotel on the south-west coast of Slovenia, as well as 50s screen siren Sophia Loren, after whom the à la carte restaurant is named. The hotel has a modern side – which is home to the spa and the fab Fleur de Sel restaurant with its delicious menu – and a historic side, which boasts the Crystal Hall ballroom, where breakfast is served.

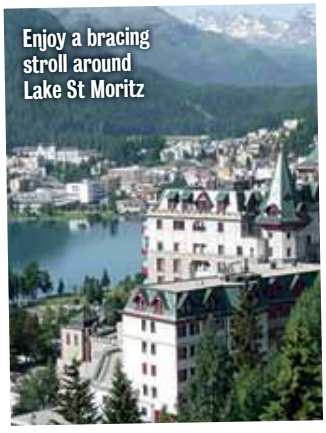
THE SPA: The hotel's Rose Spa has a brilliant indoor-to-outdoor pool, a Jacuzzi, three saunas and a small gym. We tried the Hawaiian Lomi Lomi Massage, which revitalised us after our flight. The spa uses Elemis, St Barths and Carita products – the latter works magic on your complexion. A skin-specific facial costs £65.

Leo's stayed at Kempinski Palace

OUT AND ABOUT: Just a few metres away is the Adriatic coast, lined with open air bars and restaurants. Our favourite was the newly opened Montagu, which has a fab wine list, great food and played a chilled Ibiza-esque soundtrack. It takes about 40 minutes to walk to the pretty town of Piran along a scenic waterfront path. There, you can climb up to the ancient town walls for spectacular views and feast on fresh fish at one of the sea-facing restaurants.

HOW TO BOOK: See Kempinski.com. The Rose Spa package (£163 per person) includes two nights B&B, a two-course meal at Fleur de Sel, a 25-minute massage and use of the spa. Ryanair (Ryanair.com) flies daily from Stansted to Trieste from £22.99 each way. The hotel can arrange transfers to Portorož, which takes around 30 minutes.

KULM HOTEL, ST MORITZ


Enjoy a bracing stroll around Lake St Moritz

The stunning view from the outdoor pool

THE HOTEL: St Moritz is one of the glitziest resorts in the Swiss Alps, and when supermodel Elle Macpherson visited she stayed at the Kulm Hotel. Heidi Klum is also a regular visitor to the impressive spa. From the breathtaking lobby to the chandelier-adorned breakfast room, this hotel screams old-school glamour. Its history is rich, the furniture plush and the meals we had at two of the restaurants were exceptional. Best of all, our room overlooked the lake and distant mountains – a view you'll never tire of.

The Kulm gets supermodel Elle's approval

THE SPA: Not only does it boast the biggest indoor pool we've ever seen in a hotel – which we often had to ourselves – it also has a heated outdoor hydrotherapy pool with massage jets and perfect views of the panoramic vista. Add to that a number of saunas, a supersized Jacuzzi and heated waterbeds in the relaxation room and you'll find it hard to tear yourself away. We also tried the Kulm Ritual Signature Massage, which was so relaxing we fell asleep!

OUT AND ABOUT: The hotel provides guests staying for two nights or more with a cable car pass, and you can travel the 3,065 metres up to the peak of Piz Nair for spectacular views. We enjoyed a brisk morning stroll round the lake at the bottom of the valley. If you've had your fill of the beautiful scenery (unlikely), you can browse the shops in town, but this is A-list territory so you'll mostly find high-end designers such as Miu Miu and Roberto Cavalli. We'd recommend leaving your credit card at the hotel to avoid temptation!

HOW TO BOOK: Visit Kulm.com. Double rooms cost from £370 per night (half-board) including unlimited access to the spa, golf course, driving range and tennis courts. See Myswitzerland.com for more on St Moritz. Go to Swiss.com for flights to Zurich, from £65 one way. St Moritz is four hours from Zurich by train, with most of the journey on the stunning Glacier Express. Buy a Swiss Transfer Ticket, which covers a round trip between the airport and your destination, at Swisstravelsystem.co.uk for £94.

WORDS: Olivia Adams, Leonie Lodge, Becky Ward PHOTOS: Getty Images, Wirelmage

GALGORM RESORT & SPA

Indulge in fine dining at the River Room restaurant

Relax in a super king size bed

THE HOTEL: Sitting in a beautiful 163-acre estate in Ballymena – just a 30-minute drive from Belfast – this spa hotel has attracted the likes of Mischa Barton and Jemma Kidd. Some of the rooms are in the original period building, but log cabins and cottages are also on site for groups and families. The resort boasts an outdoor hot tub overlooking the idyllic River Maine, as well as three restaurants. The River Room offers fine dining, while Gillies Bar & Grill has more of a pub feel and an amazing buffet breakfast.

THE SPA: The thermal spa includes a sauna, laconicum, aroma grotto, indoor infinity pool, heated relaxation loungers and experience showers, all designed to help you relax and detox. We tried the Maine body massage (£75 for 55 minutes), which starts with a head massage and heated pillow to relax your shoulders, before Swedish and aromatherapy techniques are applied from head to toe. Our therapist had our calming music we'd selected on the pre-treatment questionnaire playing as we entered the room.

Actress Mischa enjoyed the tranquillity of Galgorm

OUT AND ABOUT: The beautiful Galgorm Castle is nearby or you could set off on one of the recommended walks along the river. Less than ten minutes away in a taxi, the Millside Restaurant in the Moravian village of Gracehill is well worth a visit. Set in a 200-year-old schoolhouse, it has such a rich history that it has its own museum next door. The menu is extensive and the portions are generous. It's BYO so grab a bottle of wine en route. If you have time for a trip into Belfast, check out the old cathedral quarter, St George's market and the Titanic Belfast museum.

HOW TO BOOK: A one-night spa escape costs from £164 per person (sharing) Mon-Thurs and £215 Fri-Sun, which includes B&B and a treatment each. Book at Galgorm.com. See Ireland.com for more information and to help plan your trip.

SHA WELLNESS CLINIC, ALICANTE

Take in the scenery on the tranquil Sunset Terrace

The SHA counts Kylie among its A-list guests

Wake up to magnificent views

THE HOTEL: In the shadows of the Sierra Helada mountains on the Costa Blanca, SHA Wellness Clinic is a true paradise. No wonder celebs including Kylie Minogue and Naomi Campbell have checked in! The location is stunning, and the award-winning interior – offering a calm white atmosphere, 93 peaceful sleeping suites and beautiful aromas – also impresses.

THE SPA: Access to the hydrotherapy circuit means you can enjoy the sauna, Roman and Turkish baths and two indoor pools at leisure. Activities throughout the day allow you to dabble in meditation, yoga, beach walks and healthy cookery classes. Phew! In between enjoying the breathtaking views and the infinity pool, we indulged in a variety of spa treatments including acupuncture, deep tissue massage and their Hydroenergetic Detox Cure – think pummelling jet baths, seaweed wraps and ice-cold hydrojetting.

THE PROGRAMMES: The SHA offers three general programmes: the seven- or 14-day SHA Essence, four-day SHA Discovery (which we did), and the two-day SHA Feeling package. The specific programmes include Detox + Weight Loss, Anti-Stress, Sleep Recovery and more. The Wellness Clinic has more than 80 health treatment cabins and consultation rooms where you have medical checks (blood pressure and weight check), a nutrition consultation and a selection of spa treatments. The SHA diet, which is macrobiotic and alcohol-free, offered some of the best cuisine we've ever tasted. The SHA aims to improve health and wellbeing, and it certainly did that for us.

HOW TO BOOK: See Shawellnessclinic.com. A Deluxe Suite with mountain view costs £235 for a double. Prices increase with extras, such as a Jacuzzi in your suite. There is also the option of the Presidential or Royal Suite (the Royal includes transfers to Valencia airport). The seven-day Essence Programme costs £1,560, 14 days is £2,720. The Discovery Programme is £800 and the Feeling Programme £400.

I don't speak to Sam any more

Ollie Locke reveals why his friendship with Sam Faiers fizzled out…

INTERVIEW **Georgia Farquharson**

We can't believe it's been two years since Ollie Locke graced our screens as one of the original (and best) *Made In Chelsea* cast members.

His witty one-liners, hilarious facial expressions and relationship traumas had viewers engrossed from the beginning – until he left the show to pursue a relationship off screen with Cat Radford. Sob.

Now the couple have split and Ollie, 27, is back on our screens. He made his return on Monday's episode and, during our chat, exclusively reveals he'll be back for the next series, which kicks off in the autumn. Yay! And, according to Ollie, it's his best friend Binky Felstead who we have to thank for his comeback.

But one person Ollie isn't as chummy with is his former *Celebrity Big Brother* housemate Sam Faiers. The pair struck up a close bond in the house last year, with many hoping they would get together. But he tells us they've barely spoken since.

Here, during a break from filming, Ollie tells us why their friendship fizzled out and what we can expect from him in the next series of *MIC*...

Ollie and Sam struck up a bond on *CBB*

He's now broken up with Cat

It's been two years since we last saw you on *Made In Chelsea*. Why did you decide to return?
That little Binky creature, who I adore with all of my heart. I knew she was going through a bit of sh*t.

What do you think of her break-up from Alex Mytton?
It was a long time ago. Binky is one of the most fabulous girls you'll ever meet! Binky is a real country girl at heart – a girl who is incredibly sensitive. She didn't deserve that and Alex didn't deserve her.

What do you think of Binky's relationship with JP?
I think he needs to realise that if he was to lose out on this girl it would be a massive mistake. They are so wonderful together.

Is she happy with him?
I think she absolutely adores him and he adores her, too.

So what can we expect from you in the next series?
My return will be nostalgic. It's me and Binky being me and Binky again!

Will we see a different side to you?
I'm a lot more involved than I used to be on the show.

Are you looking for love in the new series?
I am!

And do you find it?
I'm not allowed to tell you...

Are you sad about your split from Cat?
We split up four months ago. It was just one of those things that needed to finish.

How did you find the relationship off camera?
There was slightly less pressure!

Are you worried your return to the show could affect a future relationship?
I know what I'm doing now!

Do you still keep in touch with Cheska Hull?
Cheska sadly moved out of London and now lives in Devon so I don't get to see her very often. I love that girl to bits but we've just grown apart.

There are rumours Spencer Matthews has quit the show...
I don't think anyone knows...

You came third on *CBB* last year. What do you think of this year's housemates?
My 16-year-old self would have been over the moon to have been in the house with Jenna Jameson!

Did you fancy her?
I think anyone who was aged 16 did. She taught you about the birds and the bees after the biology class...

After your experience, what advice would you give to the housemates?
Don't get involved in too many dramas! What I didn't do when I was in there was enjoy every moment. I would pay a considerable sum of money to go back for one evening without the cameras and with those people.

Are you still in contact with Sam?
I don't really speak to Sam any more. It's one of those friendships that I could see her at a party next year and we'll be back to being really good friends again.

Have you congratulated her on her baby news yet?
I lost my phone a couple of weeks ago so I had no way to contact. Someone asked, "What about Twitter?" and it hadn't even entered my mind. But I will 100 per cent be congratulating her.

Ollie with BFF Binky

'Binky's fabulous – Alex didn't deserve her'

***Made In Chelsea* returns to screens this autumn on E4**

PHOTOS: Donfeatures.com, Rex Shutterstock

I'm having nightmares about moving to New York!

Made In Chelsea's Louise Thompson clears up the rumours surrounding her engagement and leaving the show that made her a star…

INTERVIEW **Julia Brooks**

Here we are in the penthouse suite of a lavish hotel in London, chatting to *Made In Chelsea* star Louise Thompson, who's getting glammed up for the Walkers Bring It Back launch party later in the evening.

The 25 year old tells us she feels "incredible" following a 30-minute run on the treadmill, so treats herself to a packet of crisps. That's our girl!

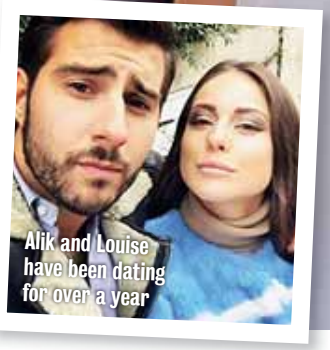
Louise is in great spirits and happily chats away as she has her hair blow-dried while dressed in a retro *Clueless*-inspired outfit. We're keen to ask her about speculation she's leaving the show, as well as the rumours she and boyfriend of one year Alik Alfus, 26, are planning to get married.

While a wedding isn't quite on the cards, she confides the pair have discussed a move to New York and kids, with Louise revealing she wants five. Yikes…

Is it true you're leaving *MIC*?
I'm not leaving – I'm still filming.

What about rumours you and Alik are getting engaged?
I'm only 25 and he's 26 – not that I have an aversion to getting married young. I'm considering moving to New York next year to take it to the next level, but we won't get married for the sake of a green card. I'm looking into getting visas and getting a job.

How would that work with *MIC*?
They're very understanding. I've spoken to them about it and I'll let them know each step of the way. I don't want to screw them over and they don't want to screw me over. They're even considering helping me with the visa and I could come back and film whenever I want. Nothing is ever final.



Alik and Louise have been dating for over a year

So you'd get a job in New York and return for filming?
I said to Alik I was going to commit and move for six months. That was when I was in America having the best time ever, but now the reality is kicking in a bit. It was supposed to be in December, but I'd need the rest of this year to get my life together. I have a house, I have commitments, but I'd only come back and do the odd bit of filming – I wouldn't be flying back every weekend.

What job would you like to do in New York?
Don't ask me intense questions because I've been having nightmares about it. I'm kidding! I'd like to work in fashion. Alik has lots of connections in the fashion industry because he owns a leather supplier.

Is moving out there a deal-breaker for you and Alik?
No, we would stay together and just see each other once a month if I was to stay in England. I haven't given him an ultimatum, I just came up with the idea. I've been to New York quite a bit to visit him and it's one of the coolest cities in the world. I love all his friends. I get on with them really well.

Do you and Alik talk about getting engaged in the future?
I haven't seen him in about six weeks, but we've discussed it.

How would you like him to propose?
I'm a control freak so I don't like big gestures – I like to know what's going on. Maybe he should do something I recommend. I'd have to tell a friend to tell him what not to do. Something private. I'd hate it if anyone else was there.

How many kids would you like?
Five.

Does Alik want five?!
Probably not. He's more sensible than I am, but I'd like a lot so they can all just sort of play amongst each other and bring each other up and then there's minimal work!

Do you ever get jealous or anxious with him being away a lot?
No. And that's the reason I'm with him. It's like we're best friends. I go out, have fun here with my friends, and he goes to the Hamptons every weekend and hangs out with pretty girls. But I have no fear – I know he's being well-behaved. Now I'd never date someone if I had doubts and thought they were being badly behaved. I've done that too many times.

Speaking of bad boys, is it true your ex Spencer Matthews is leaving the show?
He hasn't left.

Do you think he'd be successful in a spin-off show on his own?
No. He's a big character and it's nothing personal, I'd just rather watch him with his friends than on his own.

Why did you take part in the Walkers Bring It Back launch?
I'm a big crisps fan – I think that's all I ate yesterday – and I think it's such a really nice, nostalgic idea. I also love getting dressed up in costume!

What's your favourite flavour?
I love meat-flavoured crisps, so Lamb & Mint or Beef & Onion.

Our Julia chatted to Louise as she got ready for the Walkers event

Louise channelled *Clueless* for the party

Louise was styled in a throwback look for the Walkers Bring it Back launch event, which celebrated the return of five Walkers flavours. Go online at Walkers.co.uk or tweet @walkers_crisps to vote to bring back your favourite flavour and you could win £100,000

PHOTOS: Walkers

‘I’ve been battling a tumour, just like Sue’

After *Great British Bake Off*’s Sue Perkins revealed she has a brain tumour, Carrie Bray tells new! about living with the life-changing condition…

We’re used to seeing presenter Sue Perkins making jokes about “soggy bottoms” on *The Great British Bake Off*, but privately the star’s been dealing with a serious health condition that’s no laughing matter.

For the last eight years, Sue’s been living with a prolactinoma – a tumour on the pituitary gland in her brain. “I’m lucky that it’s benign,” said the 45 year old, adding, “Sometimes it screws up my hormones.”

Although it isn’t a threat to her life, sadly it has denied her the chance of having children.

Here, Carrie Bray, 39, a train guard from Southport, Merseyside, tells new! how she’s had the same condition since her teens...

When I heard that Sue Perkins has been living with a prolactinoma for the past eight years, my heart went out to her. I was diagnosed with the same condition when I was 17 and, knowing the havoc it’s wreaked on my body, I had every sympathy.

I was 11 when I started my period, but I had menorrhagia, meaning my periods were unusually heavy and painful. I’d bleed through the thickest sanitary towels and my periods would go on for two weeks out of four. Sometimes, I’d stand up and have blood pouring down my legs. I missed a lot of school as the cramps in my stomach were excruciating.

When I started secondary school, the staff complained I was always going to the toilet. I tried to be discreet, but my fellow pupils noticed I missed a lot of classes and, one day, they kicked the door open when I was on the loo. I was mortified.

I went to the doctors repeatedly, but they fobbed me off with painkillers. “You’re a teenager,” they insisted. “It’s just your hormones.”

But at 14, my periods suddenly stopped. I told my mum about it straight away. At first I was thrilled, but soon I started putting on weight, gaining 2st in less than a year. As the months went by, my peripheral vision started going funny and, more alarmingly, I started producing breast milk. “What’s going on?!” I thought, horrified, as I stuffed tissues into my bra to soak up the fluid.

BLOOD TESTS

My health problems got worse. I had terrible mood swings, felt sick all the time and I developed eczema. I was so overweight that strangers in the street would comment. “Jesus, you don’t get many of those to the pound,” said one guy. I was crushed. I saw various GPs, but they all dismissed me. One even tried to fob me off with Prozac.

When I was 15, I only managed 30 per cent attendance at school. My mum went in to speak to them, but afterwards the deputy head warned, “You might fool your mum but you can’t fool me.”

Then, when I was 17, I saw a locum doctor who looked through my notes and sent me for blood tests. Finally, I got my diagnosis. “You have a prolactinoma,” a doctor explained. “It’s a non-cancerous tumour on the pituitary gland in your brain.” “Finally I can get treatment!” I thought.

I was referred to an endocrinologist, or hormone specialist, who explained the tumour was just a few millimetres across – smaller than a pea – and it was on my pituitary gland, which controls the hormones in the body. It had been pressing on my optic nerve, causing the change in my vision, and meant I had high levels of the hormone prolactin in my blood. That was causing my symptoms. It’s the most common type of pituitary tumour, but it’s still very rare.

“We can perform surgery where we take the top of your skull off, or we can operate through the nose, or we can give you medication to shrink it,” the doctor said. Unsurprisingly, I opted for the medication, and after seeing specialists in Liverpool I started taking half a tablet twice a week.

Soon my periods came back and were much more normal. I also lost weight. My vision was fine and my eczema cleared up too. My whole family could see I wasn’t the moody teenager from hell any more. “I’m getting my life back!” I smiled.

Sue has been living with the tumour for eight years

PROLACTINOMA: THE FACTS

- A prolactinoma is a prolactin-producing tumour on the pituitary gland (often referred to as the “master gland” in the body, because it controls several other hormone glands, including the thyroid)
- The majority of prolactinomas are under 10mm in diameter – these are caller microprolactinomas. Rarer large tumours (larger than 1cm in diameter) are called macroprolactinomas
- Prolactinomas occur in men and women and most shrink in size after treatment with medication
- They can cause symptoms including breast discharge, irregular periods, reduced fertility and vision disturbance
- Visit Pituitary.org.uk

Carrie's tumour has had a huge impact on her life

She lost 4½st after gaining weight because of PCOS

As a teenager, Carrie put on 2st in less than a year

'I'D NEVER BE ABLE TO HAVE KIDS... MY OWN FUTURE WAS OUT OF MY CONTROL'

My mum contacted The Pituitary Foundation, who sent me an information pack. They even had an endocrine nurse helpline so there was always someone to offer advice.

Determined to get on with my life, I finished school and university, then spent five years teaching English in Europe. I wanted to go further afield, but I was still an outpatient.

I had relationships on and off, but I never felt confident about my body. I had stretch marks from putting on weight, so when guys asked me out, I could never understand why they'd want to date me.

Then, aged 23, I started gaining weight and having painful, heavy periods again. I was diagnosed with another hormone-related condition, polycystic ovarian syndrome (PCOS). It's a catch-22 situation as it makes you put on weight, but the best way to treat it is to lose weight. I joined Weight Watchers and shed 4½st, which helped my symptoms, but when I was 26 I had more crushing news. A doctor told me because of my hormonal problems, I'd never be able to have kids. I hadn't necessarily wanted a family at that stage, but it was awful to be told I didn't have a choice. It felt like my own body and my own future were out of my control.

I'd kept taking the pituitary drug as I was scared to come off it in case my symptoms returned. But at one point a test showed the medication had shrunk my actual pituitary gland by half, risking more hormonal problems, so I stopped taking it.

After reading sugar doesn't help PCOS, I cut it out of my diet and felt a lot better. My bouts of depression went and my endocrinologist was pleased with how I was managing my own health.

HEAVY PERIODS

Things were pretty good after that, but in the last year or so my PCOS flared up and my periods became really heavy again. I was losing so much blood I became anaemic. One day I got up to get a book, but was too exhausted to go back upstairs again.

I'd had enough, so I asked to see a gynaecologist and, in February 2014, I had an endometrial ablation – a procedure under general anaesthetic where they burn out all the tissue in the uterus to stop heavy periods. They hadn't allowed me to have the procedure before in case I did want to try for children, but I'd always thought, "Never mind looking after children, I want to feel well in myself." I had my first period a few weeks later and it was light and painless. The treatment had worked and I was thrilled.

My pituitary condition has been so debilitating, it's really interfered with my life. The majority of my friends know about it, but if I say, "I have a pituitary disorder," most people would look at me blankly. I explain that the pituitary is like the motherboard of a computer, but controls the hormone system. With a prolactinoma, the symptoms aren't linear or logical, so that's why it's hard to diagnose.

I have huge sympathy for Sue dealing with her prolactinoma, because I know what it's like. I was pleased she decided to speak out as it brings more awareness to a condition that's very rare and misunderstood. I felt isolated and freaky when I was going through my symptoms, so it's a comfort to know I'm not alone. For me, tattoos have been a way to celebrate my body and to feel positive and in control.

One thing that resonated with me was Sue talking about her sorrow at not being able to have children. Although I've never wanted a family, it's one thing to make that decision for yourself, but another to have the choice taken away. I'd like people to know there is support out there and you can still live a full life.

CAROLINE BENJAMIN

EVERY WEEK!

Email me at lauren.goodger@express.co.uk

Lauren

Our columnist splashes the cash in Italy and thanks fans for boosting her body confidence...

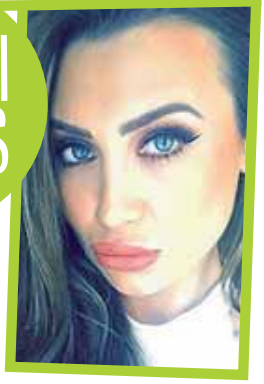
HELLO MUSCLES!

I'm loving all the comments about how good I look – they push me to work harder, so it's a real boost. Thank you! When I was bigger, people didn't really get to see my features, but now I've lost weight, they can. And – finally – people have good things to say about my body!

This "Lara Croft" photo was taken at a Go Ape adventure course. Jake and I went and obviously I was better than him! I'm not normally fussed by heights, but when I was standing on a plank of wood so high up, it did freak me out, but I told myself to calm down. I love being outdoors now and doing things like that.

> I have a feeling my kids will see my selfies and take the piss. Ill be like LISTEN those selfies landed me with your dad you ungrateful little shits.

MY MINI POSERS



I posted this quote because it really made me laugh.

I can't wait to show my kids all the selfies I've taken. I think we'll have the kind of relationship where we'll just laugh and I can imagine them saying, "Oh my God, Mum!"

But it's just a bit of fun. I wouldn't encourage my children to pout and take selfies though. Children should be children and not grow up too fast.

PHOTOS: Getty Images, Vantagenews.co.uk

GIRLS ON TOUR

I enjoyed my couple of days away in Milan with some girlfriends. It was really nice to get away and do something a little different. I treated myself to a couple of Louis Vuitton bits while I was there. I bought a really nice bracelet with my initials engraved on it, and I think I spent about £600 in total. When I go away, I don't know why, but I always end up buying designer stuff I can get in London!

I did miss Jake, but he goes to Las Vegas so I'm allowed to go away for a few days with the girls, ha ha! I definitely want to go back with Jake. One city I've never been to that I'd love to visit is Paris. Hopefully we can plan a trip before Christmas.

Katie hasn't warned me off

I'd just like to clear something up. A magazine last week claimed Katie Price warned me not to expose Jake to the limelight because it will damage our relationship. What a load of rubbish! She'd never tell me that. We spoke a couple of weeks ago and the only thing she said to me was, "I'm glad you're back with Jake. We'll all have to have a night out together soon."

When things quieten down for me, Jake and I will definitely meet up with her and Kieran. Jake doesn't mind me sharing photos of us on Instagram – he does it too. It would be a bit weird if I didn't post photos of us.

IS THAT YOU, JOHNNY?

Oh my God, did you see those photos of Johnny Depp on the red carpet last week? I didn't recognise him. A few people said he looked like *EastEnders*' Nick Cotton in this pic and I can definitely see the resemblance. Is he having a breakdown?!

When A-listers who haven't been in the press much go to a premiere or a party, they often do something out of the norm to get spoken about – look at Madonna when she fell over at the Brit Awards! If Johnny had turned up looking gorgeous, he wouldn't have got people talking like he has.

Lauren's week in numbers

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TIME TRAVEL!

Out of this world!

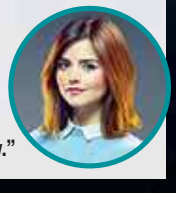
DOCTOR WHO SAT, SEPT 19, BBC1, 7.40PM
It's Peter Capaldi's second series as the legendary Time Lord and he's really found his feet. This time around, he and Clara stand united against their enemies now their mutual mistrust has vanished.

In *The Magician's Apprentice*, the first of 12 episodes, the skies of Earth are frozen by a mysterious alien force and the Doctor is lost in the universe. Clara must join forces with evil Missy, the Master, to save him from mortal danger. Oh, and the Daleks make a return!

Here's what the cast had to say about the latest series of the epic sci-fi show...

MICHELLE GOMEZ (MISSY)
"Missy is a force of nature," says Michelle. "She is a fearless, slightly psychotic killer who you can't help but like just a little bit. The dynamic between Missy and Clara takes on a whole new shape. There is something not quite right about it that makes for slightly unnerving viewing."

JENNA COLEMAN (CLARA)
"Clara and the Doctor are strong together and enjoying travelling," says Jenna. "It's adrenaline-fuelled and full of reckless adventure with them throwing themselves headfirst into it. Since losing Danny, Clara's perspective on life has changed and, in a way, she's lost fear of her own mortality."



PETER CAPALDI (THE DOCTOR)
"Viewers will see a reckless Doctor in pursuit of adventure," says Peter. "The Doctor and Clara are roaring through time and space in search of thrills. The opening episode is fabulous – the story is going to take us across the universe into all types of dark, terrifying and funny places."

WINTER WARMERS!

THE X FACTOR SUN, SEPT 20, ITV, 7PM
STRICTLY COME DANCING FRI, SEPT 25, BBC1, 9PM
As winter draws in, two of Britain's best-loved shows will keep us entertained on cosy nights in right up until Christmas! On Sunday, *The X Factor* steps up a gear as it enters Boot Camp stage (finally!), and the following Friday, *Strictly* brings us the first of the live shows with six couples taking to the dance floor. Yay!

CHAT!

THE GRAHAM NORTON SHOW FRI, SEPT 25, BBC1, 10.35PM
Friday night telly just got a whole lot more interesting as Graham Norton returns with his own unique brand of chat. First up, he welcomes Hollywood heavyweight Matt Damon and his *The Martian* co-star Jessica Chastain, and *Doctor Who* star Peter Capaldi will be giving away the show's secrets... or not! Plus, The Weeknd performs *Can't Feel My Face*.

LADIES WHO LUNCH!

THE REAL HOUSEWIVES OF NEW YORK CITY SUN, SEPT 20, ITVBE, 9PM
If you've seen the trailer for the sixth season of this show, you'll know it involves a doggy funeral and a false leg being tossed onto the floor at a party! This time round, the cast are joined by model mum Kristen Taekman.

EXPOSED!

SCIENTOLOGY: GOING CLEAR – THE PRISON OF BELIEF MON, SEPT 21, SKY ATLANTIC, 9PM
This fascinating documentary serves as a chilling exposé of the Church Of Scientology. It profiles former members and, according to the film, Nicole Kidman was bugged in an effort to break up her marriage to Tom Cruise after she was labelled a "potential trouble source"!

A CUPPA WITH... JULIAN CLARY

new! chats to the comedian who presents an award at the *National Lottery Stars 2015*...

You won *Celebrity Big Brother* in 2012. Are you watching the new series?
I am. I would do what Sherrie Hewson's doing – smiling quietly in the corner.

What do you make of Farrah Abraham?
The thing to do with her is befriend her. I'd be making her cups of tea!

Is it true that you live in a manor once owned by the late playwright Noël Coward?
It's a cottage really. You can sense him wafting round!

You've released your first children's book, *The Bolds*...
I really loved it. I've written three adult novels and there was something very liberating about getting away from all the filth I usually write!

You've been in the business for 30 years next year. Are you planning to celebrate?
I'm doing a tour next spring to celebrate 30 years of my camp old nonsense!

Tell us about your involvement in the National Lottery Awards...
I present an award to the Ministry Of Storytelling. It's a workshop for children in east London where they create stories using their imagination.

National Lottery Stars 2015, Mon, Sept 21, BBC1, 10.35pm. Julian is an ambassador for the National Lottery Awards. Visit Lotterygoodcauses.org.uk

WORDS: Kate Noble PHOTOS: Getty Images, Press Association

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MUSIC

Album of the week

CARLY RAE JEPSEN E.MO.TION

What you need to know...
Carly's new album features a host of hot collaborators, including Sia and Vampire Weekend's Rostam Batmanglij. Carly has said "some magic happened" with them when working on the album.

First impressions...
E.mo.tion brings a new dimension to Carly's distinctive pop vocals. A far cry from super-infectious 2012 hit *Call Me Maybe*, *All That* offers a more grown-up and sexy sound. While certain tracks, including *LA Hallucinations* and *Warm Blood*, do offer a fresh feel, the rest of the album doesn't stray far from the shiny 80s synth-pop sound that clearly inspires the Canadian singer.

Download now:
Run Away With Me.

Did you know?
Carly Rae spent a week "vaping" so her voice would sound grittier on sexy track *All That*.

new! verdict:
A treat for pop fans who are missing the 80s!

WORDS: Olivia Adams, Georgia Farquharson
PHOTOS: Getty Images

MY TUNES
CASEY BATCHELOR MODEL AND REALITY STAR

What's your favourite song at the moment?
James Bay's *Let It Go*. It just came on in the car and it was brilliant.

Do you have a karaoke song?
Get Happy by Judy Garland. I went to stage school, so I like all of my big band stuff!

What song would you belt out in the shower?
A Whitney Houston song, definitely.

Are there any songs you don't like?
Out Of Your Mind by True Steppers featuring Dane Bowers and Victoria Beckham. I hate that song. The words say, "This tune's gonna punish you" – and it punishes me every time I listen to it!

OMI HULA HOOP
After wowing us with *Cheerleader* – which was arguably the catchiest song of the summer – Omi is back to prove he's no one-hit wonder. New track *Hula Hoop* is equally as bouncy and will help us cling on to those summer vibes for a little bit longer. Trust us, you'll be singing it for days!

WATER ANGELS by Mons Kallentoft (Hodder & Stoughton, £13.99)

Book of the week

The writer of the gripping Malin Fors series is back. When a married couple are found dead in a Jacuzzi and their five-year-old daughter is missing, Inspector Malin Fors is put in charge of the case. But will Malin be able to solve the crime? An unputdownable read.

new! COMPETITION

Win! 5-DAY TRIP TO LA WITH TRAVELBAG.co.uk

New film *Lessons In Love*, in cinemas and on demand from September 25, stars Pierce Brosnan as a professor of romantic poetry who finds himself uncontrollably drawn to his hot-headed sister-in-law (Salma Hayek) – but there are a few lessons he must learn before the course of true love is allowed to run smoothly. Can he change his ways and win over the love of his life?

To celebrate the film's release, we're sending one winner and a friend to LA for a five-day trip, staying in a four-star hotel, courtesy of TravelBag.co.uk. TravelBag.co.uk has been creating holidays for over 35 years and has established itself as a leader in the tailor-made holiday market.

For terms and conditions, visit www.arrowfilms.co.uk/lessons-in-love. For more info, visit TravelBag.co.uk.

Entrants must be 18 or over. Winners will be selected at random from all valid entries. The Editor's decision is final. For full T&Cs, see www.express.co.uk/campaigns/terms/7. By responding to promotions, offers and competitions you agree that Northern & Shell, new! magazine and TravelBag.co.uk may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text "NS NOINFO" to the originating number. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prizes are subject to availability. Images are for representational use only.

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'I felt sick when I filmed my last scenes'

Downton Abbey stars Michelle Dockery and Laura Carmichael talk to new! about saying goodbye to the period drama…

On screen as sisters Lady Mary and Lady Edith

INTERVIEW **Karmel Doughty**

After five years of tears, deaths, births and blackmail at Downton Abbey, the stately home will close its doors for the final time on Christmas Day.

But before we start to worry about how we're going to fill Sunday nights after the Crawleys and their staff have moved to pastures new, we meet some of the show's stars ahead of the sixth – and final – series, which starts on Sunday.

Like her character Lady Mary, an air of mystery surrounds Michelle Dockery. Not one to shout about her private life, we're surprised when the 33 year old flashes – albeit briefly – her engagement ring. When we ask if the rumours she's planning a wedding are true, she confirms, "Yes, I am." But when we attempt to delve deeper and ask if she has set a date, we're asked – politely – to move on to the next topic.

Despite the slight awkwardness, Michelle doesn't let her smile falter and jokes about where she was when she first realised how big *Downton* had become.

"I was buying milk," she laughs as she recalls seeing photographs of herself all over the newspapers during a trip to the local shop.

Meanwhile, Laura Carmichael, who plays Michelle's on-screen sister, Edith, admits to being star-struck on meeting one of the show's biggest fans, *Silence Of The Lambs* legend Sir Anthony Hopkins. "He was filming at Ealing Studios this year, so he sort of popped in. He was absolutely lovely," says Laura, 29. "We were having conversations and he was asking about [my on-screen daughter] Marigold. That was overwhelming."

Laura says she wouldn't rule out returning to the role for a *Downton* movie, while Michelle laughs about the love letters she's received from male admirers…

Michelle with twins Zac and Oliver Barker, who play George

What was your last day of filming *Downton* like?

Michelle: It was emotional. I kind of felt sick leading up to the last take. But doing my last lines, I had to keep calm and cool, like Lady Mary, and not burst into tears.

Do you think you and Lady Mary would be friends?

M: I'd like to be – if she'd be friends with me.

Have you taken any of the amazing outfits you've worn as a souvenir?

M: No. We're not allowed to. I wouldn't really know what I would do with the costumes.

Are either of your characters going to find love in the new series?

Laura: You'll have to wait and see.

M: We can't tell you! With Mary I feel like I just want her to be content, I want her to be happy – whether that's with a man or not…

Are the sisters still at each other's throats?

M: I think it's part of the relationship we love to play, Laura and I, because it would be boring if they were mates. We enjoy playing the banter.

Was there one moment in the last six years when you realised *Downton* had become massive?

M: For me it was the Sunday of the second episode when I went into my local newsagents to pick up a pint of milk and a packet of biscuits. Laura, myself and Jessica Brown Findlay [Lady Sybil] were on the cover of three different newspapers. I was only going down to buy milk!

L: It's really weird. I don't think you can properly figure it out until it's over. That's how I've always felt.

Would you be on board if a *Downton* movie was made?

L: We'll have to see. It's one of those things you'll have to wait for Julian [Fellowes, *Downton*'s creator] to write. I know none of us would want to do something half-arsed.

How has seeing your characters become parents changed things?

M: It's been lovely for us, hasn't it? The children are gorgeous and it feels like we've been part of their childhood – a little part of their childhood. Bonding with them has been great.

You're both eligible young women in the show. Do you get romantic offers from fans?

L: Not specifically.

M: We get lovely letters from guys. It's just wonderful to receive letters, especially nowadays with the internet – no one writes letters any more.

Have your characters influenced your daily lives?

L: As the costumes get more and more elaborate, I get messier and messier.

Laura with the twin actresses who play Marigold

PHOTOS: Capital Pictures, Getty, Wirelmage

Mrs Hughes isn't a tart!

Phyllis Logan (Mrs Hughes) and Joanne Froggatt (Anna Bates) talk sex – shocker! – and setting fire to their costumes

So, Mrs Hughes and Mr Carson are finally getting married...
Phyllis: I hope so.
She's worried about the sexual side of their relationship. Is she a virgin?
P: [Laughs] How very rude!
Joanne: This is Mrs Hughes we're talking about [laughs].
P: I'm not some old tart [laughs]! But Mrs Hughes has certainly had her admirers.

Phyllis as Mrs Hughes with butler Mr Carson (Jim Carter)

Joanne, are you happy with your character's ending?
It didn't feel like an ending. I feel like we leave all the characters in a place that's OK. There's a nice warmth to it, but not everyone has a nice ending.
Phyllis, will you miss the wig?
No! I wanted to take a lighter to it!
Did either of you hesitate about coming back for the sixth series?
Both: Er... [both laugh].
Has the show's success in the US been a bit overwhelming?
J: No, it's brilliant! We're both still eking the last days out.

We'll miss the banter

Michael Fox (Andy Parker) and Rob James-Collier (Thomas Barrow) tell us what they'd save from a *Downton* fire

What will you miss the most about *Downton*?
Michael: We talked a lot about camaraderie.
Rob: I agree, but also the servant's table – that's where all the banter is. There's a chemistry there that I've never had with another ensemble.
What won't you miss?
R: The starched collars – with my shaving rash – do you know what I mean? It was horrendous.
If there was a fire, what – or who – would each of you save?
R: I'd grab the wine! And I'd go for Carson's safe. Get Carson's safe and leave Carson in there, because I'd be butler! And I'd laugh maniacally over the flames.
M: I'd save Mrs P. I'm going straight for Mrs Patmore.
What's next for you career-wise?
R: A job? Obviously, as an actor, you want to try and make each job different from the last, so that's what I'm taking my time over.

No one messes with my girls!

Hugh Bonneville (Lord Grantham) on his *Downton* wife Elizabeth McGovern and their "family"

Tell us about the last scene you filmed...
I had to redo a close-up in a scene with Elizabeth [Cora]. But she wasn't there, so I had a hairy-arsed assistant director lying in bed pretending to be Elizabeth. It wasn't very glamorous.
Lovely! So have you found you've become protective of your *Downton* family over the years?
No one messes with my girls! We've become a little quartet. We went to LA recently and it was like a family holiday. We're definitely a close little gang.
Is there anything your characters didn't get to do that you wanted them to?
I kept suggesting Cora and Robert should go to the south of France.

Downton Abbey, Sundays, ITV, 9pm

Scott (Gyllenhaal, far left) gets caught in bad weather on Everest

Everest

CERTIFICATE: 12A **DIRECTOR:** Baltasar Kormákur
STARRING: Jason Clarke, Keira Knightley, Jake Gyllenhaal, Josh Brolin, Emily Watson

What's it all about?
Jason Clarke and Jake Gyllenhaal play tour leaders taking groups of climbers up to the summit of Mount Everest in 1996. When bad weather strikes, danger looms...

What's good?
A suspenseful disaster movie, this looks amazing in 3D and features top performances from an all-star cast. The scenes on the mountain are gripping and you'll be on the edge of your seat as pregnant Jan (Knightley) waits back home for news of her husband (Clarke).

What's bad?
There isn't time to explore all the interesting characters on screen. And, as you may have guessed, it's a sad story.

Film of the week

new! VERDICT: A moving, visually stunning story with a fantastic cast. ✪✪✪✪

Pals Bill (Redford) and Stephen (Nolte) set off

A Walk In The Woods

CERTIFICATE: 15 **DIRECTOR:** Ken Kwapis
STARRING: Robert Redford, Nick Nolte, Emma Thompson

What's it all about?
Redford plays travel writer Bill Bryson, who decides to go on a major hike with his old school friend (Nolte). But the trail isn't easy for men of a certain age.

What's good?
Nick Nolte is funny as a wheezy, alcoholic womaniser, while Emma Thompson delivers in a smaller role as Bryson's wife. The scenery's beautiful too.

What's bad?
Nothing much happens. And don't watch if old-fashioned sexist jokes annoy you!

new! VERDICT: A gentle tale which offers plenty of giggles. ✪✪✪

WORDS: Julia Brooks, Anna Smith

ALSO OUT THIS WEEK... *Aloha (12A)*

An impressive cast, including Bradley Cooper, Rachel McAdams and Emma Stone, star in this decent romcom from director Cameron Crowe.

OUR PICK OF RECENT RELEASES

1. Legend (18)
Tom Hardy puts in *two* spectacular performances as both Kray twins in this gritty thriller about the notorious East End gangster brothers. ✪✪✪✪

2. We Are Your Friends (15)
A fine performance from Zac Efron is just one of the reasons to enjoy this hip, sexy movie about a young man who dreams of being a superstar DJ. ✪✪✪✪

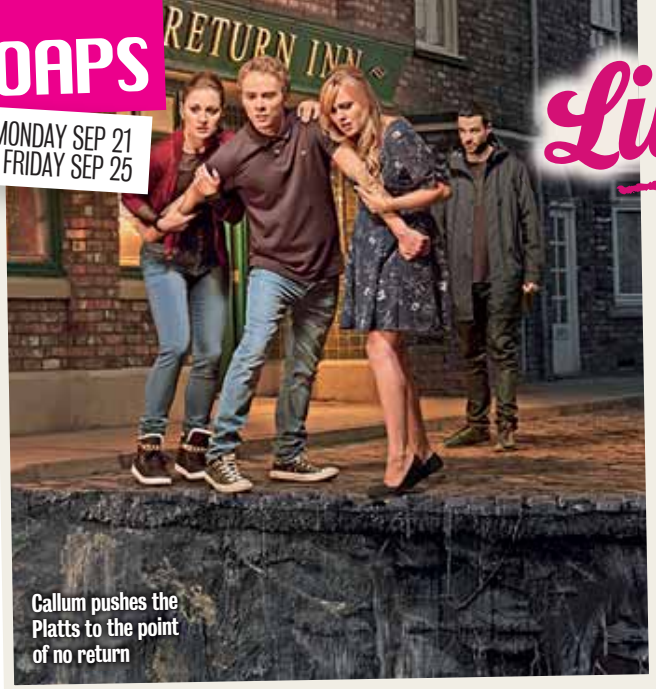
3. No Escape (15)
Owen Wilson – in serious mode – and Lake Bell play a husband and wife trying to escape a violent uprising in a foreign country. Decent thriller. ✪✪✪

4. Paper Towns (12A)
Cara Delevingne proves she's more than just a pretty face in this film about a girl who runs away from home, and the geeky guy who's fallen for her. ✪✪✪

5. The Bad Education Movie (15)
Jack Whitehall's sitcom about rubbish teacher Mr Wickers transfers to the big screen, with mixed but sometimes hilarious results. Fans will love it! ✪✪✪

DVD OF THE WEEK
Avengers: Age Of Ultron (12)
The latest *Avengers* adventure is a real treat, whether you're a Marvel fan or not. It's action-packed, thrilling and filled with laughs too. ★★★★★

Live and kicking!


Callum pushes the Platts to the point of no return

To celebrate ITV's 60th anniversary, **Corrie** presents a thrilling live episode that will see lives on the cobbles change forever. In the lead up, Soapland's reigning villain Callum demands £20,000 from the Platts to be rid of him forever. But David is sick of his nemesis's menacing and goes looking for him. Now, that's just asking for trouble!

Meanwhile, Sally begs Sophie not to tell Tim about her kiss with Kevin (see *A Cuppa With...* for more details) and Cathy whisks Roy off to Blackpool for his birthday, but the trip brings back painful memories of Hayley.

Following the live episode, Stephen Mulhern hosts Coronation Street Live: Uncovered (Wednesday, Sept 23, ITV2, 10pm), which will catch up with the cast as soon as they come off air.

Sally tries to talk round Sophie, while Cathy and Roy go to Blackpool (above)

Breaking news

Jane is struggling with her conscience in **EastEnders** and decides she can't let Max go down for Lucy's murder. So she takes to the witness stand and drops the mother of all bombshells...

Elsewhere, in **Hollyoaks**, Reenie shatters Nana's happiness when she tells her some shocking home truths about her new fiancé. And in **Home And Away**, Phoebe is forced to tell Ash she's pregnant and there's only a 50/50 chance that he's the father. OMG!

Jane takes matters into her own hands

Put a ring on it!

Despite her dazzling smile, Naomi has severe doubts when Paul asks her to become the sixth Mrs Robinson in **Neighbours**, and who could blame her?! Under pressure to say yes, she asks him to keep their engagement under wraps for now.

When she finally plucks up the courage to tell him she thinks things are moving too fast, he dismisses her feelings and tells her it's time to wear her ring. Controlling, much?

Paul shocks Naomi with a proposal

SOAP SNIPPET

Kierston Wareing made no secret of the fact that she was disappointed with her storylines during her 13-month stint in **EastEnders** as Kirsty Branning. But the actress is excited about her upcoming role as **Hollyoaks**' Ashley Davidson, an old acquaintance of Trevor's. "I don't believe she has a nice bone in her body, but I'm enjoying every minute of playing her," she says! Also, keep an eye out for Robbie Jackson's return to **EastEnders** this week!

Whodunnit?

Robert fights for his life

Robert's had it coming to him for a while in **Emmerdale**, and this week he's gunned down outside the Woolpack. Andy discovers Robert killed Katie, so is the No.1 suspect, but Chas will do anything to protect Aaron, and Lachlan has been roaming round with a gun...

In **Home And Away**, a shadowy figure pushes Josh down the stairs when he goes looking for Evie. His identity remains a mystery in the Bay but viewers learn he's Charlotte's son, whose father is... Zac!

Josh is sent tumbling by a stranger

A CUPPA WITH... BROOKE VINCENT

We chat to the *Corrie* actress, whose character Sophie appears in this week's landmark live episode...

Are you feeling nervous about the live episode?
Yes, we rehearse quite a lot, but if I don't know what my line is, I'll just make it up!

How do you prepare?
Even things like going to the toilet at the wrong time can mess up everything. During our last live episode in our old building, you had to go through the green room to the toilet. I was chatting away and they were like, "Hurry up! You're on!" I won't be having a drink beforehand!

The kiss between Sally and Kevin is revealed to Tim in the live episode...
Yes, and it's worse because of how well Kevin and Tim get on. Tim secretly likes Kevin more than he likes Sally! We all work so well together. We have a laugh. It's like *Modern Family*.

How does Sophie feel about the kiss?
She's annoyed with her mum and dad – she likes Sally and Tim together. Up until it comes out, Sophie's been saying, "Mum, you need to tell, you need to do the right thing." It's like the roles have been reversed and Sophie's the parent in all this and Sally's the child.

It's not long since Maddie died, but would you like Sophie to meet someone else?
The one thing that I've always said since Sash [Sacha Parkinson, who played Sian Powers] left is I don't want Sophie to constantly have a girlfriend. There are lesbians who don't meet people for years.

We hear Sophie is going to start working with Kevin at the garage...
Yes, she'll be whipping those garage boys into shape.

Corrie's live episode is on ITV at 7.30pm on Wednesday, Sept 23

WORDS: Kate Noble, Olivia Adams PHOTOS: Getty

James Haskell

He was supposed to be relaxing in Dubai before joining the England squad for the 2015 Rugby World Cup this week, but hunky James wasn't interested in chilling out on a sun lounger. Instead, the muscle-bound athlete, 30, pounded the beach in tiny camo-style shorts – which showcased his hulking thighs – in between pool breaks with his fitness fanatic girlfriend Chloe Madeley, 28.

Chloe, who is the daughter of TV legends Richard Madeley and Judy Finnigan, is a perfect match for the sportsman, as they both love to show off their gym-honed bodies in skimpy clothing. But, to be fair, when you work that hard on your figure, you deserve to show off the results!

WORDS: Olivia Adams PHOTOS: Splashnews.com

new! Horoscopes

Lori Reid

Sept 21-27

Find out what's written in the stars for you over the next week

Aquarius JAN 21 – FEB 19

If you're single you'll attract admirers this week. If you're attached, love takes on a new romantic glow. Travel is on the agenda and, financially, you have an ambitious plan. Call my Starline to hear more: **0907 181 2957 (11)*** or subscribe to **new!** Astro Texts (see below right).

Pisces FEB 20 – MAR 20

A better climate at work has a beneficial effect on your wellbeing, improving your performance and health. You come up with a great idea to increase your income. Act now! Call my Starline to hear more: **0907 181 2957 (12)*** or subscribe to **new!** Astro Texts (see below right).

Aries MAR 21 – APR 20

Getting involved in an imaginative project is financially and creatively rewarding. Even if a certain frustration irritates at work, keep your cool and prioritise. Friday opens new doors. Call my Starline to hear more: **0907 181 2957 (01)*** or subscribe to **new!** Astro Texts (see below right).

Taurus APR 21 – MAY 21

When one door closes, another one opens. Put the finishing touches to work at home and then turn your attention to the lighter side of life. Your adventurous side puts you in the party mood. Call my Starline to hear more: **0907 181 2957 (02)*** or subscribe to **new!** Astro Texts (see right).

Gemini MAY 22 – JUNE 22

An influx of energy pushes you on. Family activities increase and home improvements gather pace. But persuading a partner to go along with your ideas could prove tough. Call my Starline to hear more: **0907 181 2957 (03)*** or subscribe to **new!** Astro Texts (see below right).

Cancer JUNE 23 – JULY 23

A new opportunity coming your way could bring with it good fortune and an injection of funds. Your daily schedule, however, quadruples – pace yourself and consider your health. Call my Starline to hear more: **0907 181 2957 (04)*** or subscribe to **new!** Astro Texts (see below right).

Leo JULY 24 – AUG 23

The pressure eases this week. News from faraway or the prospect of travel boosts your spirits. Your confidence grows. Financially, however, you must put a limit on spending. Call my Starline to hear more: **0907 181 2957 (05)*** or subscribe to **new!** Astro Texts (see below right).

Virgo AUG 24 – SEP 23

You're on high alert, but you are soon reassured that you're doing well at whatever is worrying you. Friday's relief brings a fresh spurt of energy to tackle home affairs. Call my Starline to hear more: **0907 181 2957 (06)*** or subscribe to **new!** Astro Texts (see right).

Libra SEP 24 – OCT 23

A joint project makes excellent strides. It's reassuring that people find your expertise invaluable. Your social life quietens down and you're pleased to have more time to yourself. Call my Starline to hear more: **0907 181 2957 (07)*** or subscribe to **new!** Astro Texts (see below right).

Scorpio OCT 24 – NOV 22

Your exceptional work catches the eye of those in charge and Wednesday's pat on the back is much appreciated. By Friday, however, all you want is peace and quiet. Call my Starline to hear more: **0907 181 2957 (08)*** or subscribe to **new!** Astro Texts (see below right).

Sagittarius NOV 23 – DEC 21

Your mind focuses on achieving success. Creative activities, entertainment, sport – invitations come through and you're in demand. But you need to know when to say no. Call my Starline to hear more: **0907 181 2957 (09)*** or subscribe to **new!** Astro Texts (see below right).

Capricorn DEC 22 – JAN 20

Your work is going from strength to strength. Wednesday's solution is the breakthrough you've been waiting for. However, make sure you get away from it all over the weekend. Call my Starline to hear more: **0907 181 2957 (10)*** or subscribe to **new!** Astro Texts (see right).

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new! Letters

WRITE: Letters, **new!** magazine, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN **EMAIL:** newletters@express.co.uk

letter of the week

PLASTIC'S NOT FANTASTIC

Wow! Those *CBB* stars love their surgery (*Surgery secrets of the CBB stars*, issue 639)! I think Jenna Jameson and Farrah Abraham looked way prettier before surgery. I know there's pressure in LA to look perfect, but natural is always more attractive!

Shelly, Portsmouth

"Natural" is definitely not a word that applies to those two, Shelly! A Look Good Feel Better make-up brush set is on its way to you.

MEND MARNIE'S BROKEN HEART

I'm so sad that Ricky Rayment and Marnie Simpson have split up (*Ricky and Marnie go wild!*, issue 639). They seemed so loved-up and such a well-suited couple! Maybe one day they can work out their differences and get back together again.

Susie, Devon

STRICTLY'S ON TOP!

I'm so excited for this year's *Strictly* that I've jumped ship from *The X Factor* and into the sea of sparkles and sequins (*Let's get ready to Rumba!* issue 639). I know it's very early days, but I'm betting Peter Andre, Kirsty Gallacher and Anthony Ogogo will be in the final. Watch this space!

Marie, Teeside

TWEETS

@infiniteminky Im spending the afternoon relaxing with my favourite mag @new_magazine

@amandabrowne191 Chilling at home with my fav mag @new_magazine

@JoBrooks91 @new_magazine I'll be taking a walk to the shops, with my daughter soon, to get my copy! #MagDay

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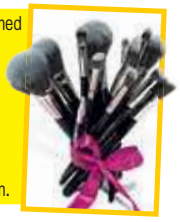
WEDNESDAY, SEPTEMBER 9
HEALTH LOTTERY DRAW NUMBERS 3 7 19 40 41 BONUS BALL 15

WIN GREAT STUFF!

If you'd like the chance to win our fab Letter Of The Week prize, write to the postal or email address at the top of the page. Please include your name, address, email and daytime phone number. All letters must be original. **new!** is unable to return any manuscripts or photographs. The editor reserves the right to edit submitted material. **new!** cannot reply to letters individually.

Look Good Feel Better, the cancer support charity, has launched its new range of make-up brushes, with the help of beauty industry experts. The range includes all the varied types of brushes including blusher, foundation and blending for all your make-up applying needs, with an 8-12 per cent donation being made to the charity with every purchase. **new!** has teamed up with LGFB to award one winner a bundle of the brushes, worth £50! Some of the range is available at Boots, or shop online at Feelunique.com to purchase the full selection.

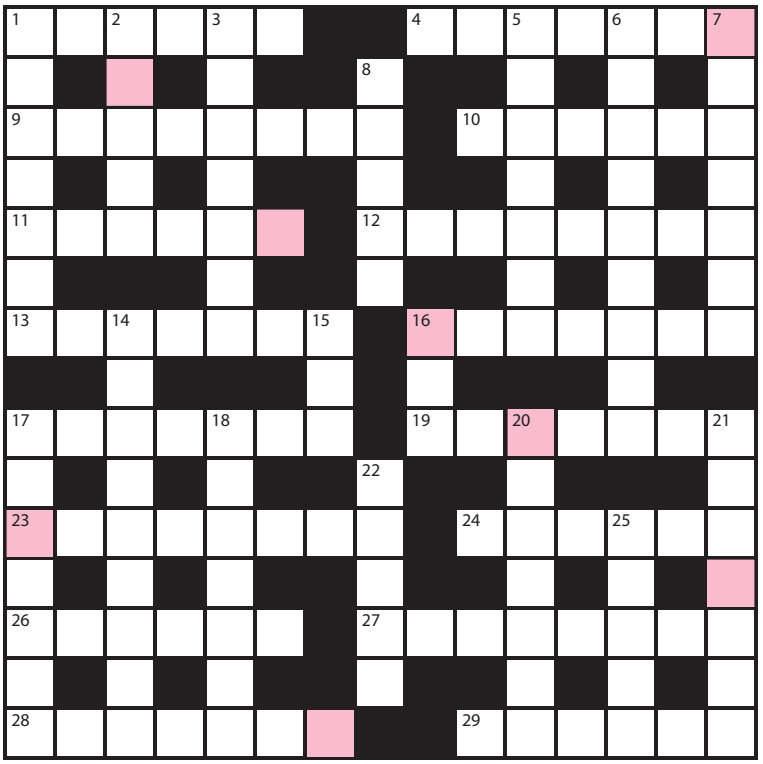


Crossword

Rearrange the letters in the shaded squares to find the name of an American actress…

Across

1 Emile __, US actor whose films include *Lone Survivor* (6)
4 Action film star who is dating Rosie Huntington-Whiteley, Jason __ (7)
9 Zara __, British royal who is married to Mike Tindall (8)
10 Entrepreneur who features on TV's *The Apprentice*, __ Brady (6)
11 The surname of pop's Cheeky Girls Gabriela and Monica (6)
12 US actor and star of films including *Stand Up Guys* and *Danny Collins* (2,6)
13 Ashlee __, US actress who is the daughter-in-law of Diana Ross (7)
16 *Saved By The Bell* star who has been a housemate on *Celebrity Big Brother*, Dustin __ (7)
17 __ D'Onofrio, US actor whose films include *Jurassic World* (7)
19 Footballer who is the fiancé of TV presenter Christine Bleakley, Frank __ (7)
23 See 28 Across
24 __ Bassett, US actress and star of films including *Green Lantern* (6)
26 2013 film whose stars included Damian Lewis, *Romeo And* __ (6)
27 John __, TV presenter who has been a *Strictly Come Dancing* contestant (8)
28 & 23 Across German model who is married to filmmaker Matthew Vaughn (7,8)
29 Formula One driver who is married to model Jessica Michibata, __ Button (6)



Down

1 Anthony __, Academy Award-winning Welsh actor (7)
2 US director of films including *Oz The Great And Powerful*, Sam __ (5)
3 The surname of British rocker Phil and his actress daughter Lily (7)
5 *Sweet Home* __, Reese Witherspoon film (7)
6 Czech fashion model, Eva __ (9)
7 Jason __, comedian who has presented TV's *The One Show* (7)
8 Guatemalan-American actor, star of films including *Ex Machina*, Oscar __ (5)
14 Max __, *Not Safe For Work* actor who is the son of late filmmaker Anthony (9)
15 Jennifer Aniston film, *He's Just* __ *That Into You* (3)
16 Benicio __ Toro, Puerto-Rican actor who has a daughter with Kimberly Stewart (3)
17 Croatian-American actor, star of TV's *ER* and *Crossing Lines*, Goran __ (7)
18 Harry __, British actor and comedian (7)
20 Kylie __, Australian singer who was a judge on *The Voice* (7)
21 Actor and comedian who hosted TV's *Have I Got News For You*, Angus __ (7)
22 Jenny __, singer and TV host who was a member of Atomic Kitten (5)
25 DJ who is one of the hosts of *The One Show*, Chris __ (5)

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Celeb mansions

Match these three stars to their elaborate homes

KIM KARDASHIAN

KATIE PRICE

ANGELINA JOLIE

FRANCE

LOS ANGELES

WEST SUSSEX

Issue 638's solutions

Crossword: Nathan Sykes **Wordsearch:** Paul Hollywood **Celeb tattoos:** 1:B; 2:C; 3:A
Spot the difference: Logo on hat missing, flamingo eye missing, badge missing, fingers above hat missing, colour of flamingo's beak, colour of flower on garland

Spot the difference

Can you find the six differences between these two pictures of Rowan Atkinson as Mr Bean outside Buckingham Palace?

PHOTOS: Fameflynet.uk.com, Getty Images, Splashnews.com, Wire Image

Wordsearch

The following words relating to J.Lo can be found in the grid except for one. Which is missing?

American Idol
Anaconda
Angel Eyes
Antz
Blood And Wine
Brave
Enough
Gigli
Home
Jack
Jersey Girl
Money
Train
Out Of Sight
Play
Selena
Shall We Dance
The Back-up Plan
The Cell
U Turn
We Are One

W	D	D	T	P	N	K	S	D	K	B	A	B	Z	E
Z	E	O	V	H	O	G	I	G	L	I	L	V	S	M
R	Y	A	L	H	G	P	S	H	Y	O	Y	H	A	L
T	Z	C	R	J	U	I	G	A	O	L	A	N	O	L
J	T	A	N	E	Q	U	S	D	U	L	A	D	N	N
E	N	P	F	F	O	C	A	F	L	C	I	F	K	I
R	A	G	D	N	B	N	Z	W	O	N	A	C	S	A
S	N	M	E	E	D	T	E	N	A	T	A	G	E	R
E	G	J	J	W	W	D	D	C	K	J	U	L	L	T
Y	E	D	I	Q	A	A	I	Y	V	U	A	O	E	Y
G	L	N	I	N	W	R	T	I	T	X	I	V	N	E
I	E	H	C	R	E	A	X	U	C	I	A	H	A	N
R	Y	E	O	M	D	E	R	V	R	R	B	H	Z	O
L	E	B	A	M	M	N	C	K	B	P	L	A	Y	M
A	S	D	Y	F	E	N	T	H	E	C	E	L	L	U

new! has teamed up with Paul Frank to offer one winner a fantastic bundle of goodies. This fabulous prize, worth more than £80, has everything you need to stay stylish this summer and is ideal for those planning holidays or weekends away. Included is an array of essentials – a jumbo beach towel, clear beach bag with travel pouch, holdall, travel pillow, umbrella and cute luggage tag. To browse the full range, including some amazing luggage cases, visit Very.co.uk. To stay up to date with the Paul Frank brand, follow **@paulfranktweets** on Twitter.

For a chance to win this great prize, send this form, with the answers to our crossword and wordsearch, along with your contact information to: Puzzle Prize 640, **new!** magazine, Number 10 Lower Thames Street, London EC3R 6EN, by September 27, 2015. A winner will be chosen at random and contacted by a member of the **new!** team.

Name: .....

Email: .....

Phone number: .....

Crossword answer: .....

Wordsearch answer: .....

EXPRESS your selfie!

The presenter explains the story behind this late-night snap…

Zoe Hardman is pinching herself. She is three months into her new job, presenting on Heart radio, and loves every minute. The former *Take Me Out: The Gossip* host, 32, who is dating pro rugby player Paul Doran Jones, tells us she put this photo up to let everyone know she had stocked up on snacks for the shift...

So Zoe, what's going on in the picture?
It was taken on a Sunday shift about a month ago and I was just about to go on air at 10pm. I'm pretty healthy during the day, but when I get into the studio I have a joke with the producer about what snacks we bring in at night, hence the caption.

Why that particular choice of snacks?
I'm normally quite healthy during the day, but when it gets to midnight I'll have some squares of chocolate or fudge. I'm known as the cookie thief at Heart, even though I don't know why I have this reputation. I took a biscuit once! I did that in my first week and the producer couldn't believe I'd taken one from somebody else's tin.

What's your normal shift?
I do 10pm to 1am, but I start prepping at 8pm. The shift is nice and chilled and people stay up with me and talk about what's happened in the day. And I play good music like Ed Sheeran and Taylor Swift!

Have you struggled to stay awake later?
It's taken some adjustment. Normally I go to bed at 10.30pm and get up early, but my whole day has been flipped. Now I go to bed at 2am and I get up at 10am. It took two or three weeks to get into a new rhythm.

What do you do before work on a Sunday?
I go to the gym, and before this photo I'd been with my boyfriend, who lives in Cheltenham. It's hard leaving him to drive to London, but I've got to work!

Are you a fan of Twitter?
Yeah. It's an interesting way to learn new stuff. I follow healthy brands so it's good to get tips and hints. I much prefer Instagram. I like saying things with a photo. Sometimes I'm too knackered to think about what to write on a tweet.

Do you post the first selfie you take?
That was my first photo and I was quite happy with it. Put a little filter on it, done! I don't spend too long taking photos. I'm not Kim Kardashian. If you're posting a snap of your face, you have to accept that's your face and not try and change it.

Are there any celebs you follow?
Amanda Byram – we're gym bunnies together. And the girls – Lilah Parsons and Laura Whitmore. I like to keep up to date with what they're up to!

Of all your pals, who is the biggest selfie fan?
Matt Johnson! Easily. He will kill me for saying this, but he can't help himself. He has this trick – he takes a photo with his dog so he gets more likes!

Zoe presents her show on Heart from 10pm to 1am, Sunday to Thursday

Tweet talk

Catch up with what the stars have been saying on Twitter

@brooklynbeckham
Working out
WEDNESDAY, SEPTEMBER 9
Oh gawd, when did David Beckham's first son grow up to be such a teen heart-throb!? We feel old...

@kourtneykardash
Happy Labor Day! Wait, there's no emoji for a tricycle with no handles?! By @jOYCEBONELLi
MONDAY, SEPTEMBER 7
Mum-of-three Kourtney shows off her incredible figure in a gold bikini. That tricycle is a bit random though!

Alik Alfus via Instagram
I personally thought this one was better @thelouisethompson
MONDAY, SEPTEMBER 7
The *MIC* star models girlfriend Louise's lacy underwear – on his head!

Lady Gaga via Instagram
In my gypsy palace I heal my soul.
TUESDAY, SEPTEMBER 8
Lady Gaga gives her fans a racy view of her bottom as she relaxes topless by a pool. Cheeky!

WORDS: Olivia Adams PHOTOS: Getty Images

new!

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